



## Man rushed to hospital after train hits car

**TRURO** A train collided with a car yesterday, sending the car's driver to hospital.

The car was half on the tracks at a desolate stretch some distance from the main road on a lane normally used for maintenance when the westbound freight train hit the car.

The incident happened near Belmont, just outside of Truro. The male driver, who was not identified, was rushed to hospital with undetermined injuries.

RCMP seized the car for further examinations. The crash happened in the early morning and train service got back on track at 2:45 a.m.

There were no reported injuries suffered by staff on the train.

## Rocks thrown at transit buses

**ATTACK** Transit buses were targeted in two separate incidents Sunday night.

Several rocks struck a bus headed down Cow Bay Road in Eastern Passage at around 9:12 p.m.

Another bus was travelling on John Stewart Drive in Cole Harbour at 9:50 p.m. when it, too, was hit by rocks.

RCMP say there was no damage to the buses or the drivers, but it was still a serious situation since the driver could have been hit or lost control of the bus.

METRO HALIFAX

## Chris Isaak **Wicked game, concert**



Singer and occasional actor Chris Isaak performs at the Metro Centre last night. Isaak entertained the audience during one song by strolling through the crowd and singing to some smitten female fans.

# Power rates to rise 9.4%

## Public meeting tomorrow

**JON TATTRIE**  
for Metro Halifax

**Consumers and businesses may be paying 9.4 per cent more for power next year, after Nova Scotia Power Inc. reached a deal to hike prices for the first time since April 2007.**

The agreement between NSP and consumer groups, pulp companies and HRM, would see most Nova Scotians paying \$9 more per month, starting in January.

Those who heat with electricity will see a monthly rise of more than \$14.

"We appreciate the contribution by customer advocates in achieving this agreement," Rob Bennett, president of NSP, said after the announcement yesterday.

"With certainty about rates for 2009, the company can focus on reliability and customer service, as well continuing to add new sources of renewable energy."

The agreement will be put to the Nova Scotia Utility and Review Board Thursday. The board is holding a public meeting tomorrow night at 7 at 1601 Lower Water Street (3rd floor).

John Merrick, the lawyer appointed by the province

**"It's hard for Nova Scotians to accept that their power rates are set by a few big players in the system."**

MLA Graham Steele

to represent consumers, said all sides accepted that the global rise in fuel prices is driving up NSP costs.

"We've got to start looking at ways we can economize," he said. "Who knows what next year will bring? We've had to push off some of the price increases being looked for by the company into next year in the hopes that next year we won't be facing as steep an increase."

The deal includes a fuel-adjustment mechanism that would allow NSP to adjust rates as global fuel prices fluctuate.

NDP MLA Graham Steele said the deal would hit consumers.

"It's hard for Nova Scotians to accept that their power rates are set by a few big players in the system," he said.

He added his party will push the Progressive Conservative government to re-implement the HST rebate on heating electricity.

## Election 2008 pg 7

- National report
- Harper wooing working families

## Health pg 15

Josey talks sex



## Take Five pg 19

Try our tasty dish for dinner



**What we're not.** Where the buying experience is as good as new. [gmoptimum.ca](http://gmoptimum.ca)



# smarter offer

There is no better time to get your hands  
on smartphones that do it all.

Visit an authorized dealer • bell.ca



3G Samsung Instinct™

**\$129<sup>95</sup>**

with a \$100  
Fun bundle discount  
on a 3-yr. term<sup>1</sup>  
(\$479.95 no term)



3G Double-flip™  
Samsung u740

**\$49<sup>95</sup>**

3-yr. term<sup>2</sup>  
(\$299.95 no term)



3G BlackBerry® Pearl™  
8130 smartphone

**\$0**

with a minimum \$45  
voice and data plan  
on a 3-yr. term<sup>3</sup>  
(\$449.95 no term)



LG Rumour™

**\$0**

3-yr. term<sup>2</sup>  
(\$249.95 no term)

## Visit an authorized Bell dealer:

**AMHERST**  
Aliant Store  
Amherst Centre Mall

**ANNAPOLIS ROYAL**  
Annapolis Appliances Sales  
& Service Ltd.  
314 St. George St.

**ANTIGONISH**  
DownEast Communications  
Antigonish Mall

**BARRINGTON PASSAGE**  
Wilson's/The Source  
by Circuit City  
3542 Hwy. 3

**BEDFORD**  
Aliant Stores  
Bedford Place Mall  
Sunnyside Mall  
DownEast Communications  
741 Bedford Hwy.

**BRIDGEWATER**  
Aliant Store  
Bridgewater Mall  
Eastern Office Supplies  
136 Logan Rd.

**CHETICAMP**  
Aucuin's  
14803 Cabot Trail Hwy.

**DARTMOUTH**  
Aliant Business Solutions Store  
202 Brownlow Ave.  
Aliant Stores  
Penhorn Mall  
Mic Mac Mall  
Axis Mobility  
336 Windmill Road  
DownEast Communications  
Sobeys, 612 Hwy. 7  
Atlantic Superstore  
650 Portland St.  
Nova Communications  
167 Trider Avenue  
Wacky Wheatley's  
122 Main St.

**DIGBY**  
Peck Audiotronics  
163 Hwy. 303

**ELMSDALE**  
DownEast Communications  
269 Hwy. 214

**FALL RIVER**  
DownEast Communications  
Fall River Plaza

**GLACE BAY**  
The Rolling Phones  
Peoples Mall

**GREENWOOD**  
Aliant Store  
Greenwood Mall

**HALIFAX**  
Aliant Stores  
Halifax Shopping Centre (upper and lower)  
201 Chain Lake Dr.  
5475 Spring Garden Road  
CBC Telecom  
380 Bedford Highway  
DownEast Communications  
Maritime Centre  
Sobeys, Halifax Shopping Centre Annex  
Scotia Square  
West End Mall  
Wacky Wheatley's  
201 Chain Lake Dr.

**LIVERPOOL**  
MacPhersons  
137 Bristol Ave.

**LOWER SACKVILLE**  
DownEast Communications  
Sobeys, 752 Sackville Dr.  
Atlantic Superstore,  
745 Sackville Dr.

**NEW GLASGOW**  
Aliant Store  
Highland Square Mall

**NEW MINAS**  
Aliant Store  
County Fair Mall  
Wacky Wheatley's  
8961 Commercial St.

**NORTH SYDNEY**  
The Rolling Phones  
North Sydney Mall

**PORT HAWKSBURY**  
The Rolling Phones  
Shediac Plaza  
Sobeys, 622 Reeves St.

**PORTER'S LAKE**  
DownEast Communications  
5228 Hwy. 7

**SAULNIERVILLE**  
Seashore Electronics/  
The Source by Circuit City  
Saulnierville Mall

**SHELBURNE**  
Video Focus  
32 King St.

**SYDNEY**  
The Rolling Phones  
465 George Street  
516 Grand Lake Rd.  
Mayflower Mall

**SYDNEY RIVER**  
The Rolling Phones  
Value Check Plaza

**TANTALON**  
DownEast Communications  
Sobeys, Hubley Centre

**TRURO**  
Aliant Store  
Truro Mall  
DownEast Communications  
Sobeys, 985 Prince St.  
Wacky Wheatley's  
188 Robie St.

**WINDSOR**  
Windsor Home Hardware  
Fort Edward Mall

**YARMOUTH**  
Aliant Store  
Yarmouth Mall  
Tri-Star Electronics  
88 Forest Street

**Bell** smartphones  
just got  
better

Also available at this participating retailer:

«WIRELESSWAVE»

Offer ends September 30, 2008. Available with compatible devices within Bell Mobility high speed mobile network coverage areas. Other monthly fees, i.e., #9-1-1 (75¢), system access (not a government fee) (\$8.95), and one-time device activation (\$35) apply. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. (1) With new activation on a monthly voice plan with a min. Fun 15 bundle. Rebate applies on device before taxes in-store or on the account otherwise; allow 4 to 6 weeks. You must keep the Fun bundle for 12 months after activation, otherwise a one-time data service price adjustment of \$99 will be charged on your account. (2) With new activation on a monthly voice plan. (3) With new activation on a monthly voice plan and a data feature with a total min. value of \$45/mo. Samsung Instinct is a trademark of Samsung Electronics Co., Ltd., and its related entities. Double-flip is a trade-mark of Bell Canada. BlackBerry®, RIM®, Research In Motion®, SureType® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Rumour is a trademark of LG Electronics Inc. Windows Live is a trademark of Microsoft Corporation in the United States and/or other countries.



**Dal breaking MBA ground**

Dalhousie University will offer Canada's first Corporate Residency MBA next year. Fifty students will go to work with carefully-selected employer partners for eight-month paid internships. **METRO HALIFAX**

**3**

# Local



## Fishing for kids

When the gun goes off tomorrow morning, eight Canadian and American teams will be off on the 2008 Nova Scotia International Tuna Tournament. All the tuna caught during the three-day tournament will be sold to commercial fisheries, and the proceeds will go to the IWK Health Centre Foundation. Last year the event raised \$18,500. **METRO HALIFAX**

# Councillors' jobs safe, poll finds

Research commissioned by Metro Halifax finds satisfaction with current council

**LINDSAY JONES**

lindsay.jones@metronews.ca

**Don't expect any major changes with the upcoming municipal election.**

A new Bristol Omnifacts Research poll commissioned by Metro Halifax shows urbanites and suburbanites have a weak appetite for change at city hall.

Two-thirds of those surveyed showed some level of satisfaction with council.

Mayor Peter Kelly rated even higher, with about three-quarters admitting some level of satisfaction.

Respondents were asked their satisfaction level on a scale with 1 "completely dissatisfied" and 10 "completely satisfied."

Three-quarters of respondents said they pay attention to municipal politics.

"If I were an incumbent, generally speaking, I would not be concerned, unless there were specific issues in my district," Layton Dorey, Bristol's managing director of project development. "I wouldn't expect to see broad-based changes."

However, he pointed out the survey was done in August before the municipal campaign had really heated up. Council was also on summer break for three weeks in August.

"This could be considered a snapshot of what the public was thinking over the summer," Dorey added.

The mayor calls the results "phenomenal." But



There won't need to be many changes to the City Hall seating plan if the latest Bristol Omnifacts Research poll proves to be accurate. The survey, with a sample size of 500, had a margin of error of +/- 4.9 per cent, with a 95 per cent confidence level.

he isn't pouring the champagne yet.

"The main poll that counts is on election day and I would never take anything for granted," Kelly said.

Kelly has two mayoral opponents: David Boyd and Coun. Sheila Fougere, who says you can't declare a winner before the race has even started. She asked people to keep an open mind and look at her record.

"I am very much a team player and even though Peter Kelly may say he is, I've worked with him for the



**"The main poll that counts is on election day and I would never take anything for granted."**

Mayor Peter Kelly

past 10 years and I don't believe that he is," Fougere says.

When Coun. Tim Outhit was running in Bedford during a May byelection, he heard voters complaining about council.

Now, he says, the approval probably stems from council's recent approval of several major downtown developments

and the \$40.5-million Mainland Common athletic centre.

"We're not talking about dang cats anymore," Outhit said.

The chair of Citizens for Halifax, a non-partisan citizens' group with the goal to improve leadership at city hall, says two-thirds having at least some satisfaction is not enough.

"How come they're not very satisfied?" Malcolm Fraser asked. "You get 50 to 60 per cent on an exam. Did you do really well? Do you really know what you're doing? Probably not."

While he admits it's a bit frustrating to hear the numbers, Fraser says it doesn't change his group's impact or approach.

"If we've done nothing more than to inspire people to run for council, then that's a good thing," Fraser said.

He says his group now has about 500 members.

That there are interest groups popping up all over the city are at odds with the results, he adds.

"I don't think it changes the fact that there's still a lot of people who are looking for vision, which is not necessarily a satisfaction issue," Fraser said.

Dalhousie political science professor Jennifer Smith says the results are an important indicator for regional council and the mayor. But she says there is no evidence that poll results have a direct effect on the outcome of an election.

## Survey says breaking up HRM not a winning idea

**LINDSAY JONES**

lindsay.jones@metronews.ca

**MUNICIPALITY** It turns out amalgamation isn't such a dirty word.

A Bristol Omnifacts Research poll commissioned by Metro Halifax shows 59 per cent of people in HRM are averse to "de-amalgamating."

"There's a good majority that don't believe that de-

### Poll question, results

In your opinion, should HRM de-amalgamate?

- Yes 32%
- No 59%
- Don't know/not sure 8%

amalgamation is a good option," said Layton Dorey, Bristol's managing director of project development.

The cities of Halifax and Dartmouth, together with Halifax County and the town of Bedford amalga-

mated in 1996 — amid much controversy — to form HRM.

A recently-formed citizens' group with a goal to reverse amalgamation has resurrected the debate in the last year.

Citizens for Halifax wants the municipality divided into two units to serve rural and urban communities separately. Chairman Malcolm Fraser says de-amalgamation means 10 different things to 10 different people. Most, he believes, would think it meant going back to the way things were, which isn't Citizens for Halifax's goal.

"I don't think the question really allows people to

answer in the manner where they really know what they're responding to," Fraser says.

He says other poll results show more support for his group's mandate.

Dorey says other survey results may differ depending on the nature of the question.

Bristol's survey question was kept simple because it's an issue that's been under debate since 1996.

metronews.ca

What's online today.

**Watch** as economics take centre stage in the federal election as the Liberals accuse the Tories of fumbling the economy, at [www.metronews.ca/canada](http://www.metronews.ca/canada)  
**Read** as Allan Small reassures investors following this weekend's Wall Street shakedown at [www.metronews.ca/live/yourmoney](http://www.metronews.ca/live/yourmoney)  
**Play** online Sudoku!

# Layton vows to boost doctors

PHILIP CROUCHER  
for Metro Halifax



Election 2008

**Jack Layton said his NDP will commit \$200 million a year for five years to boost the number of doctors and nurses in Canada.**

Speaking in Halifax yesterday, the NDP leader said if elected his party would increase the amount of doctors and nurses being trained by 50 per cent nationwide. That would mean an additional 1,200 doctors being trained in Canada, and another 6,000 nurses.

Layton also promised

to forgive health-care student loans for those who pledge the first 10 years of their practice to family medicine.

"Your family deserves a prime minister who will take health care seriously, and put you and your family first," Layton said.

Layton made the health care announcement yesterday morning at Dalhousie University, where he toured a cancer research group lab with Halifax NDP candidate Megan Leslie and provincial NDP Leader Darrell Dexter.

Later, Layton visited the

campaign headquarters of Dartmouth-Cole Harbour NDP candidate Brad Pye and spoke to about 100 party supporters. In both stops, Layton directed attacks toward Prime Minister Stephen Harper.

"Perhaps Mr. Harper is a strong leader," Layton said. "It probably takes a strong leader to stand up and say in an election that what you intend to do is

give a \$50 billion tax cut to the biggest most profitable companies in this country."

Layton also spoke out against the rising cost of gasoline prices, which skyrocketed by about 13 cents a litre across the country after hurricane Ike.

"Mr. Harper essentially said he's not prepared to do anything about the highway robbery that is happening at the pump. He's just going to let the companies do what they're doing today," Layton said to cries of shame from the pro-NDP crowd.

"Well, that's wrong. In fact, that's a defeatist attitude."



Federal NDP Leader Jack Layton makes a campaign stop at Dartmouth-Cole Harbour candidate Brad Pye's headquarters yesterday. Layton announced earlier in the day at Dalhousie University that an NDP government would spend \$1 billion over five years to increase the number of doctors and nurses.

## Premier meets with regional leaders today

**BORDER** Premier Rodney MacDonald will wrap up a two-day meeting between Eastern Canadian premiers and governors of New England today in Bar Harbour, Me.

The group also met yesterday, with Nova Scotia looking to bring the topics of energy efficiency and enhancing border security to the discussion.

"This is an ideal opportunity to discuss these common issues which are not unique to one province or state," MacDonald said in a release.

Canadian members of the conference are MacDonald, and premiers of New Brunswick, Prince Edward Island, Newfoundland and Labrador and Quebec.

U.S. members are governors of Maine, New Hampshire, Vermont, Massachusetts, Rhode Island and Connecticut.

METRO HALIFAX

## News in brief

**ASSAULT** Two men were hit with a stick and a hammer on River Road Sunday night. The victims received minor injuries and a 26-year-old man was arrested. Police say the accused and victims knew each other.

**ROBBERY** Police are investigating a robbery on Lawson Avenue on Sunday night. A vehicle pulled up to a woman, and another woman inside the car told her to hand over her purse or she would be hurt. Police say the victim knew the people in the car.

**DAMAGE** Vandals struck at Beaverbank Elementary school Sunday night. Beaverbank Citizens on Patrol were on the lookout at around 8:30 p.m. when they noticed two air exchange fans on the front lawn. The RCMP found four more fans that had been ripped off and thrown from the roof. Police also found five broken windows. RCMP are asking if anyone has any information about the damage to call their office or Crime Stoppers at 1-800-222-8477.

**ENVIRONMENT** Nova Scotian farms, a boiler manufacturer, and a community curling rink will be equipped to cut harmful emissions with assistance from the Nova Scotia EcoTrust for Clean Air and Climate Change. These energy-saving projects have the potential to reduce greenhouse-gas emissions by at least 1,270 tonnes per year, the equivalent of taking 231 cars off the road.

METRO HALIFAX

## Mental illness issues need election voice: Coalition

DEVIN STEVENS  
for Metro Halifax



The Mental Health Coalition of Nova Scotia held its third public forum yesterday and is preparing to make noise during the federal election.

"Our voice isn't enough," said Carol Tooton, executive director of the Canadian Mental Health Association's Nova Scotia branch.

"We need to bring others from the community in who are working on similar issues, people with the lived experience, who have been through the system. Family members, friends, businesses."

About 50 people met at the Halifax Forum, breaking into discussion groups and brainstorming how to best represent the mentally ill.

By mid-afternoon, large sheets of paper were

**"If you have a mental issue and you're homeless, and you're panhandling on Spring Garden Road, that's an issue for the municipality."**

Carol Tooton

taped to the walls, outlining the coalition's ideas.

Over the next few weeks they plan to pressure federal election candidates to do more.

Tooton said that even though they don't provide services, the coalition will be after municipal candidates to address those issues as well.

"Guess what? If you have a mental issue and you're homeless, and you're panhandling on Spring Garden Road, then it's an issue for the municipality," Tooton said.

Tooton said that mental health funding accounts for just 4 per cent of Nova Scotia's health-care bud-

et, and that number is slipping.

Keith Brumwello runs the Caring and Sharing Social Club, where adults with severe mental health problems can get together, play games, and relax.

Brumwello said he was worried by the lack of funding.

He recently contacted the authorities about a person he thought was suicidal. The doctors agreed, but told the patient to go home for three or four days until a bed became available.

"Home was part of the problem with her," Brumwello said.

## Atlantic Canada opposes Green Shift, poll shows

**SURVEY** The majority of Atlantic Canadians are opposed to the Liberal's "Green Shift" policy, with its highest support coming from Nova Scotia, a new poll suggests.

Corporate Research Associates asked 1,507 Atlantic Canadians about the plan and found 26 per cent were in favour and 43 per cent were opposed. Another 17 per cent didn't answer, and 13 per cent were unaware of the policy.

Nova Scotia showed the most support for the plan at 30 per cent, followed

by Newfoundland and Labrador (25 per cent), New Brunswick (23 per cent) and Prince Edward Island (22 per cent).

Those most likely to favour the policy were Liberal supporters (45 per cent), as well as those who are mostly (30 per cent) or completely (36 per cent) dissatisfied with the Conservative government.

The poll was conducted from Aug. 5 to 28, and is accurate to within 2.5 percentage points, 95 times out of 100.

METRO HALIFAX

## Ferry needs support: Theriault

Digby-Annapolis MLA Harold Theriault is demanding federal and provincial commitment to stability for the ferry service to Saint John.

"It's fine that they've made another Band-Aid solution to keep the ferry going for another couple

years, but it does little for the people and businesses who rely on this service," he said in a release.

Theriault is also frustrated with the lack of commitment for Highway 101, between Digby and Weymouth.

METRO HALIFAX



**The Peaceful Revolution is launched**

It will be quite the book launch. The Peaceful Revolution, a book marking the 250 years of representative government in Nova Scotia, will be released tonight at Province House. **METRO HALIFAX**

# Group fights school closing

Plan to shut down Saint Mary's prompts attempt to save it

DEVIN STEVENS  
for Metro Halifax

Four months after the school board marked it for the chopping block, 70 people gathered in a tiny gymnasium at Halifax's Saint Mary's Elementary School last night to plan arguments for the school's future.

Many of the speakers from the school's review study committee took square aim at the board reports that said it should be closed.

"In many respects this exercise can make even the best asset look like a liability," said the committee's co-chair, Cindy Little-

fair. In April, the Halifax Regional School Board issued a report saying Saint Mary's should be closed. It also recommended two other schools be shuttered: St. Patrick's-Alexandra in Halifax and Alderney Elementary in Dartmouth.



Michelle Gerard, co-chair of the St Mary's Elementary School Review Study Committee, argues against the school's closure last night. The school board says the school is too small and should be shut down for economic reasons.

If axed, the 184 students in the south-end public school will go to nearby English Street Elementary.

Most of the school's students are fed from a near-

by daycare. Because of this, only half the student population lives within school boundaries — one of the reasons board staff said it should be scrapped.

Littlefair said some students live as far away as Tantallon.

She said the school has a diverse population, with children from different

**"In many respects this exercise can make even the best asset look like a liability."**

Cindy Little,  
committee's co-chair

backgrounds.

A recent school board report said the building itself can hold more than 300 students, while the current school population is less than 200. It said the students will easily fit at English Street.

Committee member John Epella took issue with that saying the necessary renovations at the new school haven't been completed. He called many of the board's numbers into question, saying they were "loaded."

Epella also questioned if recommended repairs to building's ventilation system were necessary, saying there had never been a case of sickness.

## National Do Not Call List set to launch

**BUSINESS** Canada's new National Do Not Call List (DNCL) will launch Sept. 30, putting pressure on Canadian companies to examine their data quality practices in order to maintain compliance with the new regulation. The threat of heavy fines associated with noncompliance has spurred a surge in Canadian sales of data quality solutions.

Once the National DNCL is launched, the Canadian Radio-television and Telecommunications Commission may, if it finds that a company has not been compliant, issue a notice of violation and impose monetary penalties for each violation of up to \$1,500 for individuals and up to \$15,000 for corporations. **METRO NEWS SERVICES**

### News in brief

**EXPO** The Atlantic Coastal Action Program-Cape Breton is set to launch the region's first Eco Expo, showcasing environmental products, services and information. **METRO NEWS SERVICES**

## Students still struggling with math, report says

JON TATTRE  
for Metro Halifax

**EDUCATION** Nova Scotian students are still struggling to make math add up, according to a report released yesterday.

Education Minister Karen Casey's Report to Parents added a school-by-school breakdown of how kids did to previously released exam results for Nova Scotia's schools.

"Mathematics continues to be an area that is of concern," said Education Department spokesman Peter McLaughlin. "We'll be di-

### Results online

• The report also looked at literacy and science. The full results can be viewed at [www.ednet.ns.ca](http://www.ednet.ns.ca)

recting resources at that area in particular."

Grade 3 students were assessed for the first time to allow the math problem to be tackled early on.

The school-by-school breakdown reveals a huge range of results. All 27 students at Bel Ayr Elementary in Dartmouth passed the "meeting expectations" math assessment,

but only 31 per cent of Central Spryfield's 35 students made the grade.

McLaughlin said the plus side of that is resources can be targeted at schools with lower rates.

Overall, 67 per cent of Nova Scotian students met expectations. Halifax schools went a step further, with 70 per cent passing the assessment.

"Two-thirds of kids who took the assessment in Grade 3 are meeting expectations," McLaughlin said. "We're relatively pleased with that, but obviously there are a third that are not."

## No need for votes in Bridgetown

**ELECTION** Unlike registered voters in other municipalities across Nova Scotia, Bridgetown residents won't be marking up ballots Oct. 18 — in fact there won't even be an election. Returning officer Melissa Young confirmed that all incumbent councilors and Mayor Art Marshall had re-offered as of the Sept. 9 deadline and none were contested.

**METRO NEWS SERVICES**

## New vehicle sales down: StatsCan

**CARS** StatsCan numbers reveal that dealerships sold 141,818 new vehicles in July, down 0.8 per cent from June as a result of lower sales of overseas-built passenger cars.

Passenger car sales decreased 2.9 per cent to 77,122 units in July. While sales of North American-built passenger cars remained relatively unchanged, sales of overseas-built passenger cars de-

clined 7.1 per cent after posting strong sales growth since the end of 2007. Overseas-built cars account for about 36 per cent of new passenger car sales. Sales of new trucks (which include minivans, sport-utility vehicles, light and heavy trucks, vans and buses) increased 1.8 per cent to 64,696 units. Truck sales have been declining since December 2007.

**METRO NEWS SERVICES**

Neptune  
The  
**DEVILS**  
Disciple  
by  
George Bernard Shaw  
directed by  
Christopher Newton

September 16 -  
October 12, 2008

**429-7070**  
[www.neptunetheatre.com](http://www.neptunetheatre.com)

Presented by KNOX, The Chronicle Herald, and other sponsors.

While the RCMP held a memorial Sunday for two officers killed in Canada's North last year, organizers said the deaths have not discouraged new officers from wanting to serve in the northern territories and said enrolment is as high as ever. **SOURCE: CBC NEWS ONLINE**

# Canada

**"The Green party has picked this up on its website."**

Catherine Coumans of Mining Watch speaking about the amount of waste mines cause.



## Mining waste

Canada's political parties need to put the issue of toxic waste from the country's mining on the agendas for their election campaign, Mining Watch said yesterday. **SOURCE: CBC NEWS ONLINE**

## Widow facing deportation

**For Manniecar Dagpin Senillo, marrying "a Western man" is a transaction, a tool to improve her life and that of her family in the Philippines.**

And that's what the 25-year-old woman said she and her Canadian husband, businessman George Spiller, had agreed on when they met two years ago on a website popular with Filipinas looking for agreeable men in the West.

Despite a 32-year age gap and, according to Senillo, the disapproval from his Toronto family, Spiller sponsored her. She joined him in Calgary in August

2007. But her dream for a new life was short-lived.

Spiller, 56, died of alcohol poisoning a month later. Although foul play was not suspected, the widow is now being accused by

Spiller's family of entering a marriage of convenience and may have her permanent resident status revoked and be sent back to her impoverished homeland. A letter from the immigration

department said: "It has been alleged that you misrepresented yourself to Mr. Spiller and entered into marriage with no intention of residing with Mr. Spiller." **TORSTAR NEWS SERVICE**

### Decision

• A decision from Immigration Canada is pending.

## Calgary Soldier mourned



Soldiers from the Princess Patricia's Canadian Light Infantry carry the casket of Pte. Chad Horn yesterday. He was killed in Afghanistan Sept. 3, just 10 days before he was to return home.

## Charges tossed in torture of teen

**MILITARY** Charges of murder and torture have been withdrawn against the former Canadian soldier accused 15 years ago of mistreating and killing a Somali teenager, the Department of National Defence said yesterday.

Clayton Matchee, a master corporal, has been deemed unfit to stand trial based on mental defect, CBC News reported.

Matchee was released from a Saskatchewan psychiatric hospital earlier this year. **METRO NEWS SERVICES**

### News in brief

**PAN AM GAMES** Toronto Mayor David Miller will write a letter formally endorsing a Toronto bid for the 2015 Pan American Games, a critical development for the \$2-billion bid.

**TORSTAR NEWS SERVICE**

## AIR CANADA VACATIONS

### Puerto Plata

EARN UP TO 8,500 AEROPLAN MILES<sup>1</sup>

#### Breezes Puerto Plata Resort, Spa & Casino • 4 ★

Super All-Inclusive • Standard rm.

Feb. 4 • 1 wk.

**\$1279**

Plus taxes & other fees: \$319.

### Nassau

via Toronto

EARN UP TO 8,360 AEROPLAN MILES<sup>2</sup>

#### SuperClubs Breezes Bahamas • 3 ★

Super All-Inclusive • Deluxe garden view rm.

Nov. 11, 18 & 25 • 1 wk.

**\$1519**

Plus taxes & other fees: \$240.

### Jamaica

via Toronto

EARN UP TO 9,200 AEROPLAN MILES<sup>3</sup>

#### Breezes Runaway Bay Resort & Golf Club • 4 ★

Super All-Inclusive • Deluxe rm.

Nov. 3, 5, 12 & 13 • 1 wk.

**\$1539**

Plus taxes & other fees: \$268.

### Jamaica

via Toronto

EARN UP TO 9,200 AEROPLAN MILES<sup>3</sup>

#### Hedonism II • 3 1/2 ★

Super All-Inclusive • Garden view rm.

Nov. 3, 5, 12 & 13 • 1 wk.

**\$1639**

Plus taxes & other fees: \$268.

### Varadero

EARN 3,600 AEROPLAN MILES<sup>1</sup> PER MEMBER

#### SuperClubs Breezes Bella Costa • 3 ★

Super All-Inclusive • Standard garden view rm.

Feb. 6-20 • 1 wk.

**\$1599**

Plus taxes & other fees: \$205.

### Varadero

EARN 3,600 AEROPLAN MILES<sup>1</sup> PER MEMBER

#### SuperClubs Breezes Jibacoa • 4 ★

Super All-Inclusive • Garden view rm.

Feb. 6-20 • 1 wk.

**\$1689**

Plus taxes & other fees: \$205.

aeroplan

SuperClubs

FLORIAN

**aircanadavacations.com**

Call 1 866 529-2079 or your travel agent

Departure taxes are extra and must be paid locally: Cuba, CUC\$25 cash. Prices in this ad are valid for bookings made between Sept. 16 & 20/08. Prices are per person based on double occupancy, unless otherwise stated, from Halifax International Airport. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures. <sup>1</sup>Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger, and are awarded on flight-inclusive travel only, and are per Aeroplan member. <sup>2</sup>Earn 3,500 Aeroplan Miles. Earn an additional 5,000 bonus Aeroplan Miles if booking is made between Sept. 16 & Oct. 31/08 for departures between Jan. 1 & 31/09. <sup>3</sup>Earn 4,200 Aeroplan Miles. Earn an additional 5,000 bonus Aeroplan Miles if booking is made between Sept. 16 & Oct. 31/08 for departures between Jan. 1 & 31/09. <sup>4</sup>Aeroplan is a registered trademark of Aeroplan Limited Partnership. <sup>5</sup>Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit [www.aircanadavacations.com](http://www.aircanadavacations.com) for up-to-date information.



## Williams vs. Harper 2.0

Newfoundland and Labrador Premier Danny Williams has taken his public battle with Conservative Leader Stephen Harper online. Yesterday, Williams launched AnythingButConservative.ca, a website dedicated to urging Canadians to vote for any party other than the Tories. **METRO NEWS SERVICES**

canada 7

Election 2008

# Beware of September snow jobs

You've got to give Stephen Harper credit. He's got gall. This is the prime minister who built a reputation for cold-hearted, low-road politics. Civility and high ideals were set aside. Naked political self-interest appeared to be his chief motivator.

Now comes the attempt at the great transformation. Everybody's talking about the chummy guy in the TV ads. It's Mister Rogers' Neighbourhood all over again. You'd think the PM is about to surround

## National Report

Lawrence Martin



himself with toddlers and break into song.

On the campaign trail — where's that uptight glare gone? — he's open to the media and sometimes even humble.

It's all very nice. But best beware of September snow

jobs. The problem with image remakes is that there's always a record to look at.

The Harper Conservatives are the ones who wrote a dirty-tricks handbook on how to obstruct the democratic process.

These are the guys who, while simultaneously promising a new era of clean government, were undermining the rules of the game in the so-called in-and-out affair. These are the guys who have broken the record for attack ads, who turned the access to information laws into information barriers, who, in

**While he hasn't convinced many that the new Harper is for real, it doesn't seem to matter. If you look at the polls, his old style is good enough to win.**

the words of Auditor General Sheila Fraser, were out to gag officers of parliament.

We thought Jean Chrétien was bad for hoarding so much power. Stephen Harper has made him look like a pantywaist. But now, the big image switcheroo.

Can it work? The campaign's first week wasn't

the smoothest for Harper. True colours couldn't be hidden. His team got caught going over-the-top with its attack proclivities — the puffin bird saga being just one example.

Meanwhile, the happy-faced PM couldn't help himself from returning to low-road mode. He falsely accused Dion of planning

to raise the GST. On the Liberal leader's Green Shift, he went off the nut-beam, saying it would practically mean the end of civilization as we know it.

But while he hasn't convinced many that the new Harper is for real, it doesn't seem to matter. If you look at the polls, his old style is good enough to win. The politics of destruction works south of the border — and here as well.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

## Public fear carbon tax: Liberal to Dion

Liberal Leader Stéphane Dion's efforts to sell his proposed carbon tax took a hit yesterday when a former federal Liberal cabinet minister said the people of Newfoundland and Labrador are afraid of it.

John Efford, former natural resources minister, told reporters that Newfoundland residents may dislike and distrust Harper, but they're also afraid the proposed carbon tax is going to drive the cost of fuel even higher than it is now.

"I can tell you the average person on the street doesn't understand the carbon tax," Efford said after listening to Dion speak at a breakfast gathering.

Efford's remarks came as a veteran Ontario cabinet minister warned that Dion's

## Plan for fisheries

• Stéphane Dion announced yesterday a Liberal government would pump millions into the fisheries industry, including more than \$300 million to modernize fleets and aid fishermen who want to get out of the business.

federal Liberals appear headed for the party's worst defeat since prime minister Brian Mulroney swept to power 28 years ago.

Although Liberals are hoping to capture six of the seven seats in Newfoundland and Labrador, Dion held only one public event yesterday before he headed to Halifax, where he had nothing planned.

TORSTAR NEWS SERVICE

## News in brief

**DUCEPPE** Bloc Québécois Leader Gilles Duceppe is dismissing criticism by five of the party's ex-MPs who say the Bloc has lost its raison d'être

and relevance in Ottawa and become a mouthpiece for Quebec's powerful union movement.

TORSTAR NEWS SERVICE

## Harper woos families

Conservative Leader Stephen Harper returned to southwestern Ontario for the second time in less than four weeks, seeking to increase support among what he likes to call "working families."

On a day when the Toronto Stock Exchange fell more than 500 points, Harper promised in London, Ont., "a steady hand on the wheel, even if the world's financial markets get a little rocky."

The opposition "wants to reverse everything that we have done," Harper said. He again claimed the Liberals — contrary to Leader Stéphane Dion's campaign statements — would hike the GST back up to 7 per cent from 5, and "take back" the \$100-a-month child care allowances. On top of that, Harper said, Dion's carbon tax would devastate the economy.

Harper's effort began earlier in Ottawa with a measure expected to make inroads with female voters.

He promised to extend maternity and parental



CHRISTOPHER YOUNG/GETTY IMAGES

RCMP officers keep watch as Conservative Leader Stephen Harper leaves a campaign stop at a spa in Ottawa yesterday.

benefits to the self-employed — a pledge he said would cost \$147 million annually, but would be largely

self-financed once self-employed people began paying premiums into the fund.

TORSTAR NEWS SERVICE

## Green Party May stays on track with train tour

**CAMPAIGN** Green party Leader Elizabeth May's election campaign takes a nostalgic turn next week with a whistle-stop train tour of the country. The train tour harks back to "the old days, when politics was good and people were more honest," May told the Toronto Star in a recent interview. In a statement on the Green party website yesterday, May said she hopes the Vancouver to Halifax ride will emphasize the party's message about reducing carbon emissions and the need for an energy-efficient national transportation strategy.

TORSTAR NEWS SERVICE

## Did you know?

**OFFICER** The Chief Electoral Officer of Canada, Marc Mayrand, is the sixth to hold the post since it was created in 1920 by the Dominion Elections Act.

METRO NEWS SERVICES

**28** days remain until the 2008 Canadian federal election

Earn \$31.45/hr up to as a Professional Home Stager.

**THE HAVERHILL INSTITUTE OF STAGING & DESIGN**

Enroll now at the Haverhill Institute of Staging and begin an exciting career as a Professional Home Stager.

Haverhill's employer assisted job training program guarantees you full or part-time employment as a Professional Home Stager following graduation.

Starting wage \$31.45/hr. Health benefits after 6 months.

Get started today! Call now for more Details: 1.866.927.7782 or visit [haverhillstaging.com](http://haverhillstaging.com)

\* health benefits to full-time employees. Fully Refundable Course Fee Applies.

Pink Floyd keyboard player and founding member Richard Wright died yesterday after a short battle with cancer, his spokesman said. He was 65. **REUTERS**

# World/Business

## Companies idled by Ike

Houston's energy giants among those hit hardest by storm

It was not quite business as usual in Houston yesterday after hurricane Ike knocked out power to millions, shattered skyscraper windows and wiped out water pressure in the nation's energy hub.

In the midst of an oil boom, the storm's destruction has largely paralyzed the nation's fourth-largest city, which has seen its economy grow even as the nation's has faltered.

Most office workers were asked to stay at home. Two days after the Category 2 storm made landfall in Galveston, Texas, streets were filled with fallen trees and debris and most traffic lights are not functional, making the office commute a hazardous affair.

Police have blocked the entrance to many downtown streets in an effort to speed up the cleanup. Office buildings had their



Houston Heights resident Travis Warrington sweeps away storm debris following hurricane Ike, with a cautionary sign to potential looters posted on plywood covering his window.

windows blown out or broken by flying debris, raining glass on sidewalks.

Trees and shrubs were torn from their planters.

Tap water was declared unsafe for drinking.

The 75-story JPMorgan Chase Tower downtown lost hundreds of its windows in the hurricane and

is home to the energy investment banking arms of firms such as JPMorgan Chase & Co. and Lazard Ltd.

Many energy trading floors, which expanded in recent years to capitalize on rising energy prices, were said to be working with skeleton staffs. One

### Gas prices to go up

U.S. President George W. Bush said yesterday there would be some upward pressure on the price of gasoline after hurricane Ike.

major oil trading operation said it had "computer issues."

The world's largest company, Exxon Mobil Corp., which owns a 44-story building in downtown Houston, has closed its office tower and other Houston offices to nonessential personnel.

Transocean Inc., the world's largest offshore oil and gas drilling contractor, shipped operations workers to Dallas and Austin ahead of the storm, but its offices in Houston are closed today because of the buildings' low water pressure. **REUTERS**

## Business

## Bank of Canada puts \$2.31B into markets

Canada's central bank yesterday pumped the biggest amount of cash into markets since 2000, while policy-makers sought to shore up confidence after the deepening U.S. financial crisis claimed two Wall Street giants and shook world markets.

News of a bankruptcy filing by Lehman Brothers Holdings Inc. and the sale of Merrill Lynch jolted investors worldwide, and in Canada raised concerns that a worsening U.S. economic outlook could harm

Canada's economy further due to its heavy reliance on trade with its neighbour.

Distrust in short-term lending markets prompted the Bank of Canada to pour \$2.31 billion into the overnight market to lower the lending rate toward its 3 per cent target.

The amount of the transactions, in which the bank purchases securities in the open market and resells them the next day, was the biggest since Feb. 1, 2000, when it injected \$2.47 billion. **REUTERS**

### Business in brief

**OILSANDS** A double whammy of tumbling crude prices and shaky credit markets could force some companies to delay multibillion-dollar Canadian oilsands projects, some economists predict. **REUTERS**

**MEDIA** The World Association of Newspapers, which represents 18,000 publications, said a deal by Google and Yahoo to share ad revenue will reduce newspaper income and weaken Yahoo. **REUTERS**

## Vegas jury urged to give Simpson 'true verdict'

**TRIAL** O.J. Simpson's kidnapping and robbery trial began yesterday with a Las Vegas prosecutor asking jurors to render "the true verdict" against the one-time football star who was famously acquitted of the murder of his wife and her friend more than a decade ago.

Simpson is charged

along with Clarence Stewart of storming into a room at the Palace Station hotel and casino in September 2007 and taking thousands of dollars in sports memorabilia from two dealers at gunpoint.

Clark County Deputy District Attorney Christopher Owens appeared to invoke Simpson's 1990s



O.J. Simpson

murder trial and its controversial verdict when he asked the jury to find "the true verdict" on

a dozen charges that could send Simpson and Stewart to prison for life.

But defence attorney Yale Galanter took umbrage at that suggestion, reminding the jury that they could not be influenced by Simpson's 1990s infamy in reaching a verdict in the current case.

Trial Judge Jackie Glass has told jurors to put the Los Angeles murder trial out of their minds. **REUTERS**

## Jolie, Pitt donate \$2 million

**PEOPLE** Partners Angelina Jolie and Brad Pitt have donated \$2 million US to create a centre, named after their adopted daughter Zahara, for Ethiopian children affected by AIDS and

drug-resistant tuberculosis. The Global Health Committee said the donation from the Jolie-Pitt Foundation would establish a centre in the Ethiopian capital of Addis Ababa. **REUTERS**

### News in brief

**IRAQ** Three bomb attacks killed 34 people and wounded dozens more in Iraq yesterday, underscoring the security challenges facing Lt.-Gen. Ray Odierno, the next U.S. military commander in the country who takes over this week.

**POLITICS** Israeli Foreign Minister Tzipi Livni's hopes of succeeding Ehud Olmert as prime minister got a boost yes-

terday from an opinion poll that showed 47 per cent backed Livni's bid.

**DEAL** Zimbabwe's President Robert Mugabe signed a power-sharing agreement with opposition rival Morgan Tsvangirai yesterday, making Tsvangirai prime minister and giving up some of his powers for the first time in nearly three decades of iron rule. **REUTERS**

## Automotive

Check out Metro's Wednesday

**carguide**  
magazine.com

A weekly in-depth feature on today's automotive industry.

To be part of Carguide contact:

**Dan Hillier at**

**421-5836. dan.hillier@metronews.ca**



**metro** Do it daily.

## THE DAILY BUSINESS BUZZ

### National net worth rises:

National net worth rose 2.0 per cent in the second quarter of 2008, as an increase in the value of non-financial assets was moderated by the rise in net foreign indebtedness, Statistics Canada data shows. National net worth, total assets less financial liabilities, increased \$111 billion, resulting in a per capita national net worth of \$174,300, up from \$171,500 in the previous quarter.

### Technology tops priorities:

Despite rising costs of living, there are just some things Canadians aren't willing to give up, according to a new ING DIRECT survey. The

Internet ranked first at 37 per cent, followed by cable and cellphone. Canadians are most willing to sacrifice buying magazines, music, DVDs and videogames, and going to the movies.

### Rising gas prices, less driving:

One major change Canadians are making is the amount of driving they do, an ING DIRECT survey found. More than a third say they drive less now than they did a couple of months ago due to gas price increases. In Atlantic Canada, one in two reported driving less now.

Get the full stories delivered to your inbox every morning by signing up for the **Daily Business Buzz** [www.nsbj.ca](http://www.nsbj.ca)

## METRO Halifax

3260 Barrington Street, Suite 102  
Halifax, NS B3K 0B5  
Tel: 902-444-4444  
Fax: 902-422-5610

Advertising: 902-421-5824

adinfohalifax@metronews.ca

Editorial:

metrohalifaxinfo@metronews.ca

Distribution inquiries:

halifax\_distribution@metronews.ca

metro\_inquiries@metronews.ca

halifaxletters@metronews.ca

### Local:

Publisher, Greg Lutes  
Managing Editor, Rachel Boomer  
rachel.boomer@metronews.ca  
Marketing Manager, Christina Edwards  
Sales Manager, Dianne Curran  
Distribution Manager, Irma Moore  
**National:**  
Group Publisher, Bill McDonald  
Editor-in-Chief, Dianne Rinehart  
Art Director, Laila Hakim  
National Sales Director, Susan Courtney  
Interactive Director, Jodi Brown



Metro is the world's largest newspaper, with more than 20 million daily readers in 100 major cities in 21 countries. **metronews.ca**



**Your Health** is a monthly feature that focuses on health, beauty and lifestyle issues. Next month's issue comes out on Oct. 21.

lifestyle **9**

## Your Health



### For a whiter smile

Aquafresh White Trays, which feature trays pre-filled with enamel-safe hydrogen peroxide whitening gel, show visible results within three days. Available at mass merchandise, drug and grocery stores, \$39.99-\$44.99. For more, go to [whitetrays.ca](http://whitetrays.ca).

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, [STEPHANIE.BOMBA@METRONEWS.CA](mailto:STEPHANIE.BOMBA@METRONEWS.CA)

While eating an apple a day may keep the doctor away, the acidity of fruit can cause acid erosion on your teeth, experts say.



PETER DAZIEL/PHOTODISC/GETTY IMAGES

## Skip the apple, go for cheese

LEYLA EMORY  
for Metro Canada



**An apple a day may keep the doctor away but if it's the dentist you're looking to dodge, go with cheese.**

Fruit may be part of a healthy diet but the acidic treats can wreak havoc on your teeth. "Acid erosion is tooth wear that occurs as a result of acids in the mouth resulting in the

loss of surface enamel," explains Dr. Don Friedlander, president-elect of The Canadian Dental Association.

What's a little loss of enamel for the sake of a nutritious Red Delicious? Pain. Beyond just losing their lustre, your once pearly-whites will take on a browner colour as the enamel wears away exposing the darker and nerve ridden dentin. "So teeth can become cold, sweet and touch sensitive," says Friedlander.

Of course, fruit can't take all the blame. "A lot of factors lead to acid erosion," says Friedlander.

"Teenagers, for example, are drinking more pop. People are living longer. Their teeth are exposed for a longer period. There's more snacking and less formal sit-down meals. That means there could be acidic foods or drinks sitting next to teeth for longer periods of time. Sports drinks (with their high acid and sugar content) are another possibility."

With assaults on all fronts it's surprising how few people are aware of acid erosion. "I'm not sure if I have any," says 28-year-old Victoria Shelep, who visits her dentist regular-

ly. "I've probably got some, just generally over time."

She's probably right according to Dr. Martin Addy, one of the experts featured on the Glaxo-SmithKline (producers of Sensodyne Pronamel toothpaste) website, [acid-erosion.co.uk](http://acid-erosion.co.uk). "I think if you look into any dentition virtually at any age ... you'll find some form of wear ... One could probably say that the prevalence is actually about 100 per cent," he says in a video shot at the FDI World Dental Federation conference in Montreal three years ago.

Enamel, once lost can never be rebuilt, according to Friedlander, but there are ways to avoid losing, and re-strengthening, what's still there. "My advice: Find a low-abrasive toothpaste that has fluoride in it. Fluoride is helpful in reducing the enamel's susceptibility to acid."

And eat cheese. Finishing a meal with foods that are high in calcium, like milk or cheese, "can be effective in neutralizing the acid as well as providing the building blocks for remineralizing areas that have been affected," says Friedlander.

**Jensen**  
ORTHODONTICS INC

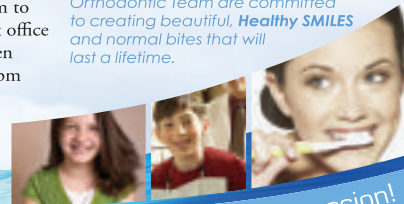
follow us, we've moved!

We are excited to announce we have relocated our Dartmouth office to 71 Tacoma Drive! This move is in line with our effort to provide more space and better service to all of our patients.

E-Mail us at [dr.jensen@ns.sympatico.ca](mailto:dr.jensen@ns.sympatico.ca)  
Visit our new website! [www.jensenorthodontics.com](http://www.jensenorthodontics.com)

In our new Dartmouth location, we will be open Wednesdays and Thursdays, 8 am to 5:30 pm. In addition, our new Halifax office at 348 Purcell's Cove Road will be open Mondays and Tuesdays 8 am to 5:30 pm and 8 am to 12:30 pm on Fridays.

Dr. Jensen and his highly trained Orthodontic Team are committed to creating beautiful, Healthy SMILES and normal bites that will last a lifetime.



Leave with a Great Impression!

Halifax 425-6222 Dartmouth 466-6220 Wolfville 542-4555

# Dartmouth Dental Centre: we're Smiling

We are celebrating 20 years of care! A sincere thank you to all our past and present patients for trusting us with your smiles and a huge welcome to all who would like to visit us! Here at the Dartmouth Dental Centre we LOVE what we do and it shows!



**Dr. Lucy C. Lamond, DDS. AKA "Dr. Lucy"**

Dr. Lamond graduated from Dalhousie University's School of Dentistry and joined the Dartmouth Dental Centre in 1992 alongside her fellow classmate Dr. Chris.

She is married (to a man who fortunately has a great sense of humour!) and is mom to delightful twin girls. Lucy enjoys working with her patients in the restoration and maintenance of healthy mouths. She derives personal satisfaction from addressing the needs of anxious patients. When not working in the clinic she is on the open road- a new devotee to family RV-ing.

Growing up in Sydney, Cape Breton, Dr. Lamond was fortunate to have a great family dentist - she was a role model, at a time when not many women were in the profession. For Dr. Lucy, dentistry is a great mix of art and science that directly impacts people. She is happy to know that she has helped others overcome their fear of the dentist and reclaim charge of their smiles. "I have heard it said that when you love what you do you never work a day in your life - I have been so blessed" she says.



**Dr. Christopher A. Baker, DDS. AKA "Dr. Chris"**

Dr. Baker graduated from Dalhousie University's School of Dentistry and joined the Dartmouth Dental Centre in 1992 joining his fellow classmate Dr. Lucy.

Dr. Baker is married with three young children. He enjoys providing comprehensive dental care with an emphasis on prevention. If he is not in our clinic, then you will find him being bossed around by his active children. Or you may find him recharging his batteries at the Golf Courses on PEI.

Having undergone significant dental treatment as a child, Dr. Baker knew he wanted to be a dentist since the 8th grade. With an interest in science and biology, and a caring personality, dentistry was the perfect fit. Now, at the 20th anniversary of the Dartmouth Dental Centre, Dr. Baker is pleased to have served his patients doing the work he loves.

"It's great to see the smiles as people come and go, and knowing that some way I have made a difference, I know I have done my job!" he says.



**A Special  
Thank You to  
our Friends!**

**HOMBURG**

**Congratulations on Celebrating  
your 20th Anniversary!**

From the Staff at Homburg Canada Inc.

**Dr Natalie Burke Dentistry Inc.**  
Limited to Children

**464-4444**

**Congratulations Drs. Baker and Lamond and  
best wishes for much continued success!**



**Dr. Grace Richardson**

**Congratulations on providing your patients with  
excellent care over the last 20 years.**



Suite 101  
1496 Bedford Highway  
902.444.5540  
www.raymondyuill.ca

**Congratulations to Dr Baker and Dr Lamond and  
their staff on 20 years of successful business.**  
- from the Team at Raymond Yuill Chartered Accountants

**Congratulations  
on 20 years!**

**D.R. (David) Pennington**  
112 Wyse Road, Dart.  
902-420-3769

Speak to your Sociabank Small Business Banker. We'll give you the relevant solutions and sound business advice that will help you become financially better off.



**Congratulations on 20 great years.**  
May you have many more!



Do you Snore?  
Stop breathing while you sleep?  
Wake-up tired?  
Ask your dentist about  
Sleep Apnea Appliances.

**DR. GRAHAME USHER  
DR. MICHELLE MAILLET**  
~ 453-3636 ~

**Congratulations to all our colleagues at  
Dartmouth Dental Centre!**



# iling about our 20 Years of Service!



## The Dartmouth Dental Centre's Philosophy

We endeavor to provide top quality dental care in a relaxed, fun and comfortable atmosphere. We are committed to the use of most current techniques and materials. We are passionate about the issue of access to care and do the utmost to enable our patients to obtain the quality treatment they deserve. We are a true 'family' dental practice- addressing the oral health needs of babies to great- grandparents.

**Dartmouth Dental Centre**

**902-463-0001**

**118 Wyse Rd, Dartmouth**

**Located in Dartmouth Shopping Centre**

**New  
patients  
welcomed!**

## 3 Things You May not Know about Dental Health

### 1) I Chew Therefore I Am.

The human tooth is a great example of good design at work. It sits in the jaw bone that is the most complex joint in the body- two bilateral joints hinged together with multiple muscles that are capable of generating terrific force — 172 pounds!

### 2) Passing on the Kooties- The Disease Of Decay

Tooth decay is a communicable disease. It is catch able like the common cold. The worst culprit is a bacterium called *Streptococcus mutans*. This bug colonizes the tooth enamel and feeds on the carbohydrates that are part of our diet. The little critter excretes acid waste products that dissolve away the enamel exposing the sensitive underlying structures and causing pain.

Infants are born without teeth and so have no *Streptococcus mutans*. They acquire it from their mothers in saliva (ie on food/spoon that Mom tests first or from kissing). Studies have

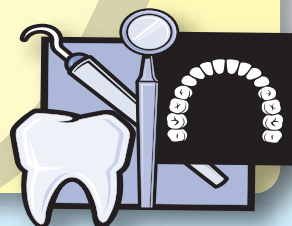
shown that mothers with poor dental health have a seven-fold increase in premature labour and low-weight babies. Moms should reduce their bacterial loads through the repair of decayed teeth and excellent oral hygiene practices as part of pre and post natal care.

### 3) Don't Break My Heart- The Affect On Cardiovascular Health

The teeth sit in a supportive tissue called the Periodontium. Unfortunately, many adults have disease of this structure called periodontitis or gum disease. As in decay, it is caused by several bacteria that invades the tooth socket and lining periodontium. The toxins these bugs produce destroy the surrounding cells. This causes the body to mount an immune reaction against these invaders called an inflammatory response. The effect of this causes the demise of the bacteria and nearby innocent by-stander tissues. The results are loss of bone and gingival tissues, loose and/or lost teeth and chronic infection.

Indeed, the Inflammatory response is undergoing indepth study and is now thought to be a significant factor in the development of cardiovascular disease including hypertension and atherosclerosis (hardening of the arteries). The products of the inflammatory response — the white blood cells and chemicals that kill invaders get circulated around the body in the blood. They act on the blood vessels by making them less elastic, which in turn increases the blood pressure and subsequent demands on the heart. The more inflammation you have, the higher the risk of developing cardiovascular disease.

Great dental health can improve the quality and maybe quantity of life. And that is something to smile about!!



**HIMMELMAN & ASSOCIATES**  
FINANCIAL ADVISORS INC.

**Congratulations from  
Himmelman & Associates!**

1801 Hollis St., Suite 1200, Halifax  
www.himmelman.ca  
902.429.2422

**PATTERSON  
DENTAL/DENTAIRE**

Patterson Dental congratulates Dartmouth  
Dental on 20 great years of passion, expertise  
and dedication to their work and patients.

*Victoria Road  
Periodontal Associates*

Extends their Very Best Wishes to Dr. Lamond, Dr. Baker and  
all the staff at Dartmouth Dental Centre  
on the occasion of their 20th Anniversary.

*Dr. Terrie Logue, Dr. Debora Matthews,  
Dr. Tamara Wright  
190 Victoria Road, Dartmouth*

**Dr. Dan Stuart  
ORTHODONTIST**  
DOD MSC FRCDJ(C)

Warmest wishes on your 20th!

**ABELSoft**  
Serving Dentists Since 1984

Our Congratulations to Dartmouth Dental Centre!

**ORAL & MAXILLOFACIAL  
SURGERY CONSULTANTS**  
**CONGRATULATIONS!**

18 Acadia Street, Dartmouth 902.405.3182  
www.omsconsultants.ca

### Lavender calms patients: Study

Lavender has been shown to help patients cope with a trip to the dentist, BBC News Online reports.

A study of 340 people by King's College London researchers found those exposed to lavender oil scent were less anxious about the treatment ahead.

But the British Psychological Society conference heard lavender had no effect on patients' nerves concerning future treatment.

All the patients studied were waiting for a scheduled dental appointment.

Half were exposed to the scent given off by a candle warmer during clinics over a four-week period, while the rest were not. The anxiety level of those not exposed to lavender was 10.7 compared with 7.4 among those smelling the scent.

"Our findings suggest that lavender could certainly be used as an effective 'on-the-spot' anxiety reduction in dentists' waiting rooms," said Dr. Koula Asimakopoulou.

METRO NEWS SERVICES

# Overall health, oral care linked

ERIC EMIN WOOD  
for Metro Canada

**Oral care is more important than many Canadians might think.**

"We view the mouth as a window on the body," says Deborah Stymiest, president of the Canadian Dental Association, "and for health practitioners and dentists, sometimes we are the first line in finding symptoms that are indicative of a systemic condition."

Good oral habits haven't changed significantly over time, Stymiest says. Brushing two or three times per day is still recommended, along with flossing, mouthwash, and possibly an electric toothbrush. "Many (electric toothbrushes) come with timers, and most people brush for 30 seconds," she says. "It would be nice to see them brush for two or three minutes."

Establishing a routine early is key when teaching

children how to brush, Stymiest says. A general practitioner for 25 years, she still sees patients in her office three days per week. "We are seeing a rise in early childhood decay, and so we're encouraging parents to start as soon as that first tooth comes through the mouth," she says.

Parents should make sure their children recognize the importance of brushing, and supervise them until they have the manual dexterity to do it on their own, which sometimes isn't until they turn six or seven, Stymiest says. If parents can't deliver the message, their dentist will be happy to help.

"We would love to see children at their first birthday for their first checkup," she says — not necessarily for a full exam, but to provide some "good preventative messages for the parents."

When children get older, their eating habits be-

**"The consumption of junk food and highly acidic and sugared beverages is quite devastating to tooth enamel."**

Deborah Stymiest

come a concern. "The consumption of junk food and highly acidic and sugared beverages is quite devastating to tooth enamel," says Stymiest. Older kids and teens should drink juice, milk, water and other non-carbonated beverages as often as possible — for their overall health as much as their teeth.

Adults should remember to brush regularly and watch their diets as well, Stymiest says. "If you're drinking coffee with sugar, and slowly sipping it throughout the day as a lot of Canadians like to do, it can go off almost like a sugar bomb in your



Dentists recommend you brush two or three times a day.

mouth, which can lead to demineralization or breakdown of the enamel, and particularly along the gumline," she says.

Such guidelines "may be broad and may seem mundane," she says, "but they're critically important to everyday health."

## The evolving 'sex addiction' affliction

### The J Spot

Josey Vogel

Sex talk with Josey

wonder how David Duchovny's doing in rehab. As you no doubt know by now, the former X-Files star and husband of actress Téa Leoni checked himself into rehab for "sexual addiction" at the end of August. No word on how he's doing but you have to wonder.

When one goes into rehab for alcohol or drug addiction, they don't generally let you bring in a flask or a joint or two for when the temptation gets to be too much. But, what do they do when a so-called sex addict feels the urge. Keep his

hands tied behind his back?

Frankly, the whole idea of "sex addiction" is problematic.

If you treat sex addictions like, say, alcohol addiction, that is, if you are exposed to sex, you won't be able to control yourself, does that mean you have to stop having sex?

Even Sexaholics Anonymous — an organization that tackles "sex addiction" with the same 12-step approach it applies to Drug or Alcohol addiction — struggles with this.

In AA, total abstinence is the goal. Since swearing off sex for the rest of their life is a little more difficult, SA allows its members to have sex but only within marriage. Which is no doubt good news for Téa but I don't quite get the logic that you won't lose control as long as you only have sex

with a husband or wife.

Categorizing people with overly active carnal glands has always been a nuisance to our society.

According to Carol Groneman, author of *Nymphomania: A History* (2000), nymphomania was first described in 1771 and symptoms included "dwelling on impure thoughts, reading novels, eating too much chocolate and indulging in secret pollutions" (i.e., masturbating).

In the first Diagnostic and Statistical Manual of Mental Disorders (more commonly referred to as the DSM, the psychiatrist's go-to guide to insanity), nymphomania and its male counterpart Don Juanism

(guys always get sexier labels), were listed as "sexual deviations." By 1980, they were downgraded to "psychosexual disorders" and, in 1987, they were dropped entirely and replaced with "sexual addiction."

**What do they do when a so-called sex addict feels the urge. Keep his hands tied behind his back?**

The 1994 version nixed this and that's how it remains today. Obviously, if you're preoccupied with or having sex so much that it's messing with your life or hurting your relationship, you should get some help.

I'm just not convinced you're an addict.

There are tons of things we do as humans to excess that aren't good for us — eat, surf the net, follow Britney. Personally, I watch waaaay too many Family



David Duchovny, former X-Files star and recent "sex addict."

Guy reruns. Sex, it seems to me, is just one of many appetite-related activities we have to learn to enjoy in a moderate and healthy way.

And, ultimately, excess is subjective. As famous sex research pioneer Alfred Kinsey once said: A nymphomaniac is "someone who has more sex than you do."

Josey Vogel is a sex and relationship columnist and author of five books on the subjects. For more info, visit [joseyvogel.com](http://joseyvogel.com).

**Key Lime Pie**  
SALON & SPA  
A Certified NAILTECH & Esthetician & Spa

Skin Care, Hair Care,  
Body Care & Massage

425-HAIR (4247)  
6148 Quinpool Rd.  
[keylimespialonspa.com](http://keylimespialonspa.com)

**Call us  
for our  
September  
Specials!**

Have a *love/hate* relationship with chocolate?  
There is a healthy way to indulge yourself!

**Xoçai™** Call Kim Potter, independant distributor  
[phone] 902-835-8560  
[moblie] 902-456-7955

[www.healthyheartsmartchocolate.com](http://www.healthyheartsmartchocolate.com)



BMO	CIBC	ICICI	ING	PCF	RBC	Scotia	TD
1.0%	0.2%	3.4%	3.0%	3.05%	2.75%	2.25%	0.05%

Interest rates/Savings accounts  
METRO NEWS SERVICES

Note: Please check bank websites as some rates require a minimum account balance.

business 13

## Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

# Know thy spending self

## SmartCookies



smartcookies.com

In the early days of our money group we shared some pretty crazy spending confessions. At one point in time it made sense to buy three bottles of 2-in-1 shampoo and conditioner (even though we would never use 2-in-1!) just because it was on sale, or to spend hundreds of dollars at the mall because we had a bad day at the office.

Realizing that our spending personalities were as individual as we were, we decided it was time to not only pinpoint our spending ways, but to find a cure once and for all.

Below are the most common types of spender. Take a minute to figure out what kind of spender you

are and then take note of how you can save yourself hard-earned cash.

### Yo-Yo Spender?

Do you go weeks or even months depriving yourself of spending only to find yourself overcompensating and purging by spending all at once? Robyn did and she learned that to avoid this kind of spending it's best not to deprive yourself completely. Each month treat yourself (with-in reason of course) to something you didn't necessarily plan for — a cute top that catches your eye and a dinner out. Give yourself a little something to satisfy your craving.

### A Slacker Spender?

Do you favour convenience over a good deal? Like Andrea found, you're likely to buy your groceries at the market across the street because it's easier than walking the extra two blocks to the cheaper chain grocery store.

Your game plan? Plan your inconvenient treks to

the cheaper grocery store in advance and stock up while you'll there.

### An Impulse Spender?

Ever find yourself heading to the mall to buy a birthday gift only to leave with a treat for yourself? Angela knows it's hard to resist an impulse buy, so she recommends planning your shopping trips in advance and knowing exactly what stores to go to.

Taking a list is key for impulse shoppers and in extreme cases you might even want to take a friend.

### A Sale Spender?

Like Katie, you find it nearly impossible to resist a sale, even if you wouldn't buy the item under any normal circumstance. When tempted to buy a sale item, ask yourself if you would buy the item if it wasn't on sale. If your answer is no, step back and walk away! Remember it's only a good deal if you will actually use it.

### A Zombie Spender?

Do you pay little atten-

tion to prices on the menu or prices at the cash register?

Do you surprise yourself when you arrive home and discover things in your bag you didn't even realize you purchased? Sandra finds the solution is to go into each spending situation with a predetermined amount to spend. She then takes that amount out in cash and is forced to pay attention to how her bill adds up.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

## Investing

### Allan Small

Allan Small examines the fall of Wall Street giants Lehman and Merrill. Read his column at metronews.ca

**HiSAVE Savings Account**  
Apply online: [icicibank.ca](http://icicibank.ca)  
**3.40% CS**  
ICICI Bank

## It's not the bank, it's you

**Q** Recently, I applied for a business loan with a bank that I have dealt with for more than eight years. The loan representative claimed I would not be approved because my company's articles were cancelled by the Ministry. Should I deal with a new bank?

**A** Your bank is not the problem. The bank cannot extend a loan to a company that cannot execute legally binding contracts.

Many small businesses continue to operate unknowingly until a company search is done. The Ministry does not cancel articles without first making numerous requests for compliance. Your first step should be to determine why your company's articles were cancelled. Contact the Ministry and government agencies.

## MoneyMatters

### Henry Choo Chong

[choochonghcg@yahoo.ca](mailto:choochonghcg@yahoo.ca)

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: [choochonghcg@yahoo.ca](mailto:choochonghcg@yahoo.ca)



**Delivery Drivers Required**  
3 positions available  
2 - Bedford  
1 - Halifax  
Vehicle required  
Contact Marc at 478-0015  
or [marc@hotstuffpizza.ca](mailto:marc@hotstuffpizza.ca)

**Are you looking to buy or sell a business?**

**Business Buy & Sell**

Are you a small business owner planning to retire/sell in the near future?  
OR  
Are you an immigrant entrepreneur looking for a strong business opportunity?

**Then plan to attend a unique matchmaking event where buyers and sellers will be brought together to explore exciting opportunities.**

**WHERE:** Holiday Inn Harbourview, 101 Wyse Road, Dartmouth  
**WHEN:** Tuesday, October 14th, 2008 from 8:30am to 5:00pm  
**Contact:** Flavia Saldanha 423-3607 ext. 238 or [ibds@misa.ns.ca](mailto:ibds@misa.ns.ca)  
**Cost:** \$50 for sellers • \$20 for buyers (includes luncheon)

Business should be valued at under \$1 million. Seating is limited, pre-registration and pre-payment is required.

**Deadline for registration is October 1st, 2008**



**CARDEL WALK A MILE IN HER Shoes**

**IN SUPPORT OF THE YWCA**

Join Halifax's most influential men and Walk A Mile in Her Shoes. This new fund raising event in support of YWCA Halifax's housing programs mixes big hearts with big feet and brings the whole community together for a great cause. The premise is simple: men walk in heels, raise a few eyebrows, and a whole lot of funds for the YWCA. Sign up now, or nominate a man who you think has what it takes to Walk A Mile in Her Shoes. [www.walkamile.ca](http://www.walkamile.ca)

**Sept 23, 2008 - 11:30am - 1pm.**  
Grande Parade (in front of City Hall)

**CARDEL HOMES**  
**YWCA HALIFAX**  
**metro**  
Do it daily.

[walkamile.ca](http://walkamile.ca)

Ted Lilly threw a one-hitter over seven innings as the Chicago Cubs swept a two-game set against the Houston Astros with a 6-1 win yesterday. Just one day after Carlos Zambrano's first no-hitter for the Cubs in 36 years, Lilly didn't give up a hit until Mark Loretta got Houston's only hit of the series, a single in the seventh inning. **METRO NEWS SERVICES**

# Sports

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONews.CA

## Red Sox slug way into tie with Rays

**MLB** Six home runs by the Red Sox and another productive outing from Daisuke Matsuzaka gave Boston an emphatic 13-5 win over the Tampa Bay Rays last night in a battle for AL East supremacy.

Jacoby Ellsbury, David Ortiz, Mike Lowell, Kevin Youkilis, Jason Bay and Jason Varitek each went deep for Boston, which tied Tampa for first place in the East thanks to winning four of its last five games.

Matsuzaka allowed a run on three hits with seven strikeouts over five innings.

## Niittymaki out four to six weeks

**NHL** The Philadelphia Flyers announced yesterday that goaltender Antero Niittymaki will be out the next four to six weeks after undergoing surgery on his left hip.

Flyers general manager Paul Holmgren stated that Niittymaki has already begun rehab and he could be back sooner depending on his progress.

The 28-year-old Niittymaki appeared in 28 games last season and went 12-9-2 with a 2.91 goals-against average with one shutout.

## Argos elect to bench star QB

**CFL** Toronto Argonauts quarterback Kerry Joseph, the league's most outstanding player last season, is being benched for Saturday's game against the Calgary Stampeders by new coach Don Matthews.

The struggling Argos are 4-7 after Friday's ugly 39-9 loss to the Winnipeg Blue Bombers.

Cody Pickett, a former San Francisco 49er, will start for the Argonauts Saturday.

METRO NEWS SERVICES

*LiveTalks 24/7*

**Canada's BEST Adult Chatline**

**(800) 711-2525**

**NEW LIVE 2 ON 1**

# Palin prompts Philly promo

VP candidate's comments inspire Flyers to hold 'hockey mom' contest

## YorkReport



**Sarah Palin** is influencing the NHL.

The Philadelphia Flyers have launched a marketing campaign directly related to Palin's recent comments that she is "a hockey mom." The Republican Party's vice-presidential candidate also joked publicly that lipstick is the only difference between hockey moms and pit bulls.

And so the Flyers are following up by seeking "the ultimate hockey mom," and the winner will receive more than \$5,000 in prizes as well as tickets for Philly games. Mothers are being encouraged to visit philadelphiaflyers.com

and submit posters showing their hockey mom pride. The contest ends Oct. 1.

There will be \$500 gift cards for the second- and third-place finishers and every mom who enters will get a consolation prize: Puck-er Peach Lipstick.

Cool.

• Speaking of cool, that's what members of a new women's football league will be when they start playing in major U.S. cities in 2009.

They'll be cool, see, because they'll be playing in skimpy lingerie.

The Lingerie Football League — or LFL, as it will become known — is a spinoff of The Lingerie Bowl, a TV event that involved scantily-clad women dur-

ing halftimes of recent Super Bowls.

According to the league's website, the LFL will be "real fantasy football."

• That was nice of the NFL to show us in Denver a couple of days ago that, yes, its



# Gretzky looking at reduced role with Team Canada for 2010

**Wayne Gretzky, who headed Team Canada at the last two Olympics, will not be running the show in 2010.**

"I'm going to be involved in a smaller way, in a smaller role ... something to help out Team Canada, but it will not be my team," Gretzky told Toronto's FAN 590 radio station yesterday.

As part of an ongoing dialogue, Gretzky again spoke with Bob Nicholson, president of Hockey Canada, over the weekend. He then confirmed to the Hockey Central at Noon show that he would not be reprising his leadership role as Team Canada's executive director.

"I'm not exactly sure where I'm going to fit in," said Gretzky, looking ahead to the Vancouver Games.

"I've always had a connection with being involved with Team Canada and being part of Team Canada. Where I'm going to fit is still to be determined. But I don't think I'll have the same responsibility as I had

in '02 and '06, but to be involved and just to be able to lend a hand is something I would be happy to be a part of."

Nicholson said he'd had "numerous discussions over the past weeks and even months" with Gretzky before the Great One conceded it was time to give the director's role to someone



Gretzky

else.

"Wayne has been tremendous for our program and organization over the past years and I would definitely like to see him play a role, but the scope and details of Wayne's possible involvement with our team in 2010 have yet to be determined," said Nicholson.

Gretzky was the manager of the squad that ended a 50-year, gold medal drought at the Salt Lake City Olympics in 2002. He again

ran the team in 2006 at Turin. That team didn't win a medal.

With Gretzky out of the picture as the team's manager — though he could also resurface in an advisory role — speculation will ramp up as to who might take over the team.

Candidates would likely include Detroit's Ken Holland, Montreal's Bob Gainey and Kevin Lowe or Steve Tambellini of Edmonton. Lowe, now the president of the Oilers, was Gretzky's assistant at the last two Olympics while Tambellini, the Oilers GM, served as director of player personnel for those two teams. While the titles have been divided up in the past, the management team has worked very much as a team, selecting and assembling Team Canada.

"We hope to be able to finalize the management staff by the end of October," said Nicholson.

TORSTAR NEWS SERVICE

## Brewers fire manager Yost

The Milwaukee Brewers have fired manager Ned Yost, left, and named Dale Sveum interim manager for the final two weeks of the season. The Brewers are 83-67 and tied for the top spot in the NL wild-card race with Philadelphia. The Phillies, though, just completed a four-game sweep of the Brewers, who have floundered to a record of 3-11 in September. **Metro News Services**



## Getting better with age?

• Jamie Moyer of the Philadelphia Phillies won his 14th game of the season Sunday,

the most for any non-knuckleball-throwing 45-year-old in MLB history.

officiating can be just as shabby as the CFL's often is. Misery loves company ... There's a good chance, by the way, that all four teams in the CFL West could post better records than the East's three weak-sister squads — the Toronto Argonauts, Winnipeg Blue Bombers and Hamilton Tiger-Cats — but one of these Eastern teams still would qualify for the playoffs, no matter what. And the fourth-place Western team could do no better than cross over for the post-season and visit the second-place Eastern team ... From the rich-about-to-get-richer department comes info that the Boston Red Sox are front-runners to sign Japanese star **Ju-nichi Tazawa**, a 22-year-old

pitching phenom ... Have the Pittsburgh Pirates ever suffered since trading B.C.'s **Jason Bay** to Boston. Entering last night, the Pirates had lost 15 of their past 18 games and were 10-27 since trading him Aug. 1 ... The **Barry Bonds**-less San Francisco Giants will likely become the first MLB team to hit fewer than 100 home runs in a season since the 1993 Florida Marlins (94 in 1993). But this year's Marlins are the first MLB team in history with four infielders (**Hanley Ramirez**, **Jorge Cantu**, **Mike Jacobs**, **Dan Uggla**) who have hit at least 25 homers.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

## SCOREBOARD

### QM/JHL

#### TOMORROW'S GAMES

Val-d'Or at Cape Breton, 7:30

Chicoutimi at Gatineau, 8:30

#### FRIDAY'S GAMES

Val-d'Or at Halifax, 7

Acadie-Bathurst at P.E.I., 7

Shawinigan at Lewiston, 8

Rimouski at Quebec, 8

Gatineau at Drummondville, 8:30

Chicoutimi at Victoriaville, 8:30

### MLB

#### AMERICAN LEAGUE

##### EAST DIVISION

W L PCT GB

Tampa Bay 88 59 599 -

W-Boston 88 61 591 1

Toronto 80 70 533 9 1/2

N.Y. Yankees 80 70 533 9 1/2

Baltimore 66 82 446 22 1/2

##### CENTRAL DIVISION

W L PCT GB

Chicago Sox 83 66 557 -

Minnesota 82 68 547 1 1/2

Cleveland 73 77 487 10 1/2

Detroit 70 78 473 12 1/2

Kansas City 65 84 436 18

##### WEST DIVISION

W L PCT GB

x-L.A. Angels 92 57 617 -

Texas 73 77 487 19 1/2

Oakland 69 80 463 23

Seattle 57 91 385 34 1/2

##### NATIONAL LEAGUE

##### EAST DIVISION

W L PCT GB

N.Y. Mets 83 66 557 -

w-Philadelphia 83 67 553 1/2

Florida 77 72 517 6

Atlanta 67 83 447 16 1/2

Washington 57 93 380 26 1/2

### NL BATTING LEADERS

Name, team AB R H AVG

Jones ATL 425 79 155 .365

Pujols STL 486 91 175 .360

Holliday COL 517 103 170 .329

Berkman HOU 512 101 167 .326

Winn SF 546 80 172 .315

Lee HOU 436 61 137 .314

Guzman WAS 543 75 169 .311

Theriot CHC 541 78 166 .307

Schumaker STL 498 82 152 .305

Molina STL 443 37 135 .305

### CFL

#### EAST DIVISION

W L T PTS

Montreal 7 4 0 14

Toronto 4 7 0 8

Winnipeg 3 8 0 6

Hamilton 2 9 0 4

#### WEST DIVISION

W L T PTS

Saskatchewan 8 3 0 16

Edmonton 7 4 0 14

Calgary 7 4 0 14

B.C. 6 5 0 12

### WEEK 12

#### FRIDAY'S GAME

Winnipeg at Hamilton, 8:30

#### SATURDAY'S GAMES

Toronto at Calgary, 7:30

B.C. at Saskatchewan, 10:30

SUNDAY'S GAME

Edmonton at Montreal, 2

### NFL

#### WEEK 2

#### LAST NIGHT'S GAME

Dallas 41 Philadelphia 37

#### SUNDAY'S LATE RESULT

Pittsburgh 10 Cleveland 6

### AUS FOOTBALL

#### ATLANTIC CONFERENCE

W L T PTS

Saint Mary's 2 0 0 4

St. Francis Xavier 1 1 0 2

Mount Allison 0 2 0 0

Acadia 0 2 0 0

#### FRIDAY'S GAME

Mount Allison at Saint Mary's, 7

#### SATURDAY'S GAME

Acadia at St. Francis Xavier, 2



## Hockey

The Halifax Lions make their Maritime Junior A Hockey League home debut tonight at 7 at the Halifax Forum. The Lions, who relocated from Antigonish in the off-season after the Bulldogs were sold, host the Bridgewater Lumberjacks.

METRO HALIFAX



sports 15

# Gaudet having a ball with TFC

## Bayside midfielder excited about pro soccer career progress after making MLS debut

MATTHEW WUEST  
matthew.wuest@metronews.ca

**Derek Gaudet hopes his 27-minute Major League Soccer debut with Toronto FC is a sign of things to come.**

The Bayside midfielder became the second Nova Scotian to play in a regular-season MLS game in last Saturday's 3-1 loss to Chivas USA before a crowd of 19,863 at BMO Field.

**"He's a good passer, he hardly loses the ball, and he has attributes that could give him a long career"**

Nick Dasovic

said. "I'd been training with them for more than a month, and they taught me well and got me prepared."

"I just had to go out and do what I'd been trained to do."

The 19-year-old trains with the team full time and alternates between the sidelines and the stands as he is groomed for what he hopes will be full-time MLS duty in the future.

Toronto FC feels it has a good prospect.

"His best assets are his mentality and his work rate," said Toronto FC assistant coach Nick Dasovic. "He's a good passer, he hardly loses the ball, and he has attributes that could give him a long career. He could be an MLS regular."

According to the MLS Players Union, Gaudet currently makes \$12,900 on



The absence of seven Toronto FC regulars due to international commitments helped Bayside's Derek Gaudet find his way into his first Major League Soccer game recently.

his development contract. But if it leads to a career, the average MLS salary is well over \$100,000 US.

Bedford's Ante Jazic, for example, earns \$125,625 in guaranteed salary with the Los Angeles Galaxy.

An MLS career would suit the 5-foot-7, 145-pounder just fine. "This is what I've dreamed about my whole

life, ever since I was a little kid — to be a professional soccer player," Gaudet said. "It's the only thing I've ever really wanted to do."

Gaudet, who has represented Canada at the under-17 and under-20 levels, said the pace is fast in the MLS. Other than his international youth experience, the highest level he has played is the Nova Scotia Soccer League Premiership.

He is eager to get up to speed.

"I have the mindset that I have to improve every aspect of my game if I want to play consistently and play at the highest level," the former Halifax West Warriors standout said.

"It's been a blessing so far. I've got to keep training hard, keep focused, and always try to improve my game."

• Toronto is 7-11-6, last in the Eastern Conference ... The season ends in late October ... Jazic has started 12 of 13 games since returning from ankle surgery, logging 995 minutes.

## Canadians cooking up comeback

MATTHEW WUEST  
matthew.wuest@metronews.ca

**BASEBALL** Cecil Wright is an avid Boston Red Sox fan, so it's no surprise the Halifax Pelham Canadians coach is having flashbacks to the 2004 American League Championship Series.

For those who've forgotten, the Red Sox overcame a 3-0 series deficit against the New York Yankees and won 4-3 before beating the St. Louis Cardinals in the World Series.

Likewise, Wright's Canadians have battled back from a 3-0 deficit against the Truro Bearcats in the

Nova Scotia Senior Baseball League semifinals, and are now set for the deciding Game 7 tonight at 7:30 at Mainland Common.

"Nobody brought it up," Wright said when asked if Boston's comeback served as inspiration. "I thought about it, but I kept it to myself. There aren't many Red Sox fans on our team. We just prefer to believe we can get the job done."

At stake is a spot in the final against the Kentville Wildcats, who stunned the league by upsetting five-time defending champion Dartmouth Moosehead Dry in the other semifinal.

The winner of the best-of-

seven final joins host Dartmouth at the 2009 Canadian senior baseball championship.

The Halifax-Truro series featured a brawl in Game 2 that saw Canadians pitcher Mark Haverstock and shortstop Ryan Veinot suspended. Wright said Veinot didn't deserve the one-game ban, and that the team "rallied around that a little."

"We were on the brink of death," Wright said. "Everybody has just relaxed since Game 3 and started to have the fun that the team was having for most of the summer. We figured if we were going to go down, we would go down having fun."

## Mooseheads go back to drawing board after losses

**HOCKEY** The Halifax Mooseheads will spend the week making up for lost time in preparation for their home opener.

The Mooseheads, who opened the QMJHL season on the weekend with two losses, have 14 new faces and need time to smooth out the kinks because training camp started two weeks later than usual.

"We're going to be teaching systems and special teams the next couple of

weeks," Mooseheads head coach Cam Russell said. "It's difficult when you miss two weeks of camp."

The Herd host the Val-d'Or Foreurs on Friday and the Cape Breton Screaming Eagles on Saturday.

Blue-liner Ben MacAskill will return from shoulder injury, but forwards Logan MacMillan, Tomas Knotek and Yuri Cheremetiev will miss the game while at NHL training camps.

METRO HALIFAX

## Finish your golf season in style!



Click on ★ **WIN** at metronews.ca for your chance to win a Best of Bell Bay Package for two valued at over \$300!

**Package includes:**

1 night at Ceilidh Country Lodge

1 round of golf with cart

\* Package must be used by the end of 2008, based on double occupancy

**metro**   
Do it daily.

**BELL BAY**  
GOLF CLUB

No purchase necessary. One entry per person. Contest open to Nova Scotia residents of legal age. Contest closes September 19, 2008 at 5:00pm. Odds of winning depend on the number of entries received. For full contest rules and details, visit [www.metronews.ca](http://www.metronews.ca)

### Sports in brief

**AWARDS** Rowers dominated the Sport Nova Scotia's athlete-of-the-month awards for August, unveiled yesterday. North Star's Robert Mills took the male individual athlete of the month for winning gold in the C men's single at the Royal Canadian Henley Regatta in St. Catharines, Ont. Mic Mac's Keelin Greenlaw received the female individual athlete of the month. Bonnie Anderson and Lesley Griffiths of the Halifax Rowing Club won female team of the month and lacrosse athlete Ryan Morris took the male honour.

METRO HALIFAX



# Entertainment



## Design

Singer Gwen Stefani has landed a new job — designing the uniform for female staff at W hotels. The line will be unveiled this autumn, [femalefirst.co.uk](http://femalefirst.co.uk) reports.

METRO NEWS SERVICES

# 6015 Willow an end of an era

Famous artistic and musical hot spot the focus of a new movie showing tonight

PAUL MCLEOD  
[paul.mcleod@metronews.ca](mailto:paul.mcleod@metronews.ca)

**It's been a bed and breakfast, one of the world's smallest museums, and the centre of the Halifax music scene for years. Now the home at 6015 Willow St. has been immortalized in a documentary.**

"You know how these old houses are in Halifax — big old Victorian places with lots of rooms in them," said Mark Mullane, the director of the documentary appropriately titled 6015 Willow.

Starting about five years ago a group of local artists and musicians all found

themselves living in the house, and it became a sort of cultural mini-meca.

"Everybody had some tie to the artistic community, music community, the film community," said Mullane.

"Because it was such a collective of these really interesting people they always wanted to do something special. They printed newsletters, they had the world's smallest art gallery up in their attic."

The attic also became a bed and breakfast at one point, with actual out-of-town visitors taking advantage.

But above all there was music. Members of bands



The band North of America rocks out in a scene from 6015 Willow, playing at Park Lane at 9:25 p.m.

like North of America, Windom Earle and Die Brücke all lived and

jammed in the house. So when long-time resident (and the film's producer)

Paul Hammond moved out, they decided to hold a concert to commemorate

the end of an era.

The result: 20 local bands playing in the home over three days, including local favourites like Dog Day, the Just Barelys, The Superfantastics and the Got to Get Got.

It was a process Mullane called "Chaos, but controlled, well organized chaos. Luckily, the house is still going strong and still inhabited by artistic types."

"It's still people that are part of the community," said Mullane. "Who knows, there could be a sequel."

6015 Willow plays tonight at Park Lane at 9:25 p.m. as part of the Atlantic Film Festival.

**STREET SEEN URBAN ART FESTIVAL**  
**PRESENTS...**  
a special screening of  
**"Race Is A Four Letter Word"**  
by local filmmaker Sobaz Benjamin  
and a performance from  
**"Up From The Roots"**  
founder Dwayne Morgan.  
2203 GOTTINGEN STREET  
SHOW DATE: SEPT 20TH  
SHOW TIME: 8:30 PM  
COVER \$5

**BEST OF THE FEST CABARET SHOW**  
AT THE MARQUEE: SEPT 21ST  
SHOW TIME: 8:30 PM COVER \$5

Come join us for the spectacular conclusion to the Street Seen Urban Art Festival.  
**Two hours** of non-stop, energy packed performances featuring the **"Best of the Fest"** performances by **Hok & Dominic, ABS Crew, Gilson Lubin, Dwayne Morgan, GhettoSocks and DJ Cosmo, DJ D-Yazz** and lots more!

**101.3 THE BOUNCE**  
**metro**  
**D250.ca**  
**scotia square**  
**WWW.URBANGYPSEA.COM**  
Produced by URBAN GYPSEA PRODUCTIONS

## Black, white and red, but not real

PAUL MCLEOD  
[paul.mcleod@metronews.ca](mailto:paul.mcleod@metronews.ca)

She was an absurdist, a groundbreaking choreographer and an artist. She rubbed elbows with some of the most interesting figures of the earliest 20th century.

Now all this week you can see the work of Memo Ritten in Halifax in the art show *Black & White & Red*.

So does it really matter that she never actually existed?

That's the question Sheilagh Hunt and her colleagues will be posing to audiences this week at the Bus Stop Theatre.

"Dance is such an ephemeral art form," said Hunt. "All you have from these people is a photograph, and maybe some notes saying that they were a good dancer. But it's only in recent years that we have video where we can actually see their work."

So she created the fictional character of Ritten and fabricated a detailed biography. Ritten became swept up in the Dada movement in Zurich around the time of World War I.

The Dada movement broke down existing art norms as a rejection of society. Hunt's exhibit cap-



Choreographer Sheilagh Hunt practised her choreographed dance for her show *Black & White & Red* this week at the Bus Stop Theatre.

tures that rebellious spirit and absurd imagery of the time.

The exhibit features a "textural and visual montage of early 20th century artistic currents." It even includes a historic poster promoting Ritten's fictional shows.

"I want it to be all-encompassing. I want people to come in and lose track of

the outside world," said Hunt.

*Black & White & Red* runs daily from 1 to 5 p.m. until Friday at the Bus Stop Theatre at 2203 Gottingen St.. Every day from 2:30 to 3 p.m. the gallery will "come alive" with absurdist dance and song performances by Hunt and her colleagues, Cory Bowles and Stuart Hiseler.



**Holding pattern**

The Who front man Roger Daltrey, right, has said his planned biopic about the late drummer Keith Moon has stalled because he has yet to receive a good script.

BBC NEWS ONLINE



# Care for some Utz Chips?

IntelleVision



Last Sunday's episode of *Mad Men* was sponsored by Heineken, in case you didn't notice, though if you didn't, you were probably either asleep or the kind of person who tried to play your old cassette tapes on your iPod and keeps asking "Who's that supposed to be?" during *Simpsons* episodes.

This sort of product placement integration is going to get more common as broadcast television disappears, but *Mad Men* is probably a misleading test bed for media buyers to go by — while it's so much more elegant to be able to slip brands into a show set in an advertising agency than into, say, a sci-fi show, *Mad Men* limits its prospective clients to a select group who've been on the market in the United



*Mad Men* cast members, from left, Vincent Kartheiser, Christina Hendricks, John Slattery, Elisabeth Moss and Jon Hamm.

States for nearly 50 years. Everybody's heard of Heineken and Cadillac, of course — the two highest-profile beneficiaries of *Mad Men*'s last two episodes — but I doubt if I'm alone in presuming that creator Matt Weiner and his writers had made up *Utz Chips*, the Sterling Cooper client shilled by Jimmy Barrett, the Jerry Lewis-esque comedian cuckolded by Jon Hamm's Don Draper.

It turns out that *Utz* has been around for nearly 90 years, a Pennsylvania-based snack food company known to anyone in the U.S. northeast. Now would

be a good time for US Airways to revive Mohawk Airlines, the regional carrier unceremoniously dumped by Sterling Cooper earlier this season, if only to capitalize on all the free advertising.

Product placement aside, the show hasn't jumped a shark yet this season, and Sunday's episode shifted gears from cruise control to emotional meltdown; not coincidentally, it was the episode where the show's women finally got to take up their share of oxygen.

Rick McGinnis writes about music, movies, books and television, but not opera.

# Sick person's rights include dominating the remote

HineSight

Anne Hines



I am vewy, vewy sick. I hab a tuffy nose and a tuffy head. I do not thit that anyone in the whole world has eber, eber been as sick as I am. Eber.

So, I'm offering: The Hinesight Guide to Getting The Most From Your Head Cold. When you get sick, people will suggest you take remedies made from things like herbs, leaves and mud scrapped off the underside of dead logs. Forget that. Go right for the big guns. The sick person's mantra: "Prescription drugs are our friends."

Of course drugs are serious business. There's a radio ad where a woman says she takes cold medicine so she doesn't have to miss work and stay home in her bathrobe, watching TV all

day. Obviously, the drugs have deranged this woman's head. Any sane person would love spending a day like that.

Take every possible measure to avoid spreading your germs. It decreases the pool of people able to fetch you trashy magazines and nice hot cups of tea.

Remember the sick person's bill of rights: You have the right to remain whiney. If you give up that right your family can, and will, require you to make dinner.

You have the right to the remote control. If someone challenges this, you have the right to say something like, "I'm happy to share. Let me just wipe off where I sneezed with this soiled Kleenex."

Finally, if you are sick more than three or four days, it is important to see a doctor. They'll be the only person still prepared to listen to you talk about it.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

**DVD picks**

**Where in the World is Osama bin Laden?**

Director: **Morgan Spurlock**  
Rating: **PG**

**DOCUMENTARIAN** Morgan Spurlock takes his gumshoe act on the road with *Where in the World is Osama bin Laden?*, a quest that's only partly in jest. He's after the leader of al Qaeda and mastermind of 9/11 — and Spurlock reasons he alone can prevail where legions of War-on-Terror troops have failed. He travels through the Middle East and to Morocco, Pakistan, Afghanistan and Saudi Arabia to chat with average citizens and a few informed sources, asking if they know where bin Laden is hiding. Many people are so charmed and disarmed by Spurlock's bull-moose approach, they spill their thoughts on bin Laden. A few insights are gleaned. But the film does offer hope that millions of people in the Middle East simply yearn for peace.

TORSTAR NEWS SERVICE

**MoreOnline**  
metronews.ca

Earn up to **\$31.45/hr** as a **Professional Home Stager**.

Call now for more details: **1.866.927.7782** or visit **haverhillstaging.com**

Fully Refundable Course Fee Applies.

**HAVERHILL INSTITUTE OF STAGING & DESIGN**

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/17/08	31	31	31	ABC News (N)	ABC World News	Inside Edition	Chronicle	Wife Swap		20/20: The Royal Family (HDTV)		
	7	7	7	ASN The Road to Avonlea	Robson Arms	TMZ (N)	America's Next Top Model (N)	CBC News: The fifth estate		CBC News: The National	The Hour	
	11	11	11	CBC Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (HDTV)	Le Match des étoiles (SC)		Tous Pour Un (HDTV) (SC)	Le Téléjournal	
	2	2	2	CBC-F Terre humaine	Gars file	Virginie (SC)	L'Épicerie	Old Christine	Old Christine	Criminal Minds "Lo-Fi"	CSI: NY	
	32	32	32	CBS News (N)	Evening News	The Insider (N)	Entertainment	Destinies (HDTV) (SC)	Les Soeurs Elliot (SC)	The Office	News (N)	
	69	69	69	CFMT TVA 18 heures	Le Cercle (SC)	Qui a tué?	Poule-oeufs or	Wipeout (Season Finale) (N)		CSI: NY "Hostage"	News (N)	
	6	6	6	CHIF Entertainment	ET Canada	Bones (HDTV PA) (N)						
	9	9	9	CJCH eTalk	Hollywood	So You Think You Can Dance Canada (N) (DVS)						
	10	10	10	ELTV All Access	Atlantic Film Festival Notice Board			All Access		All Access	Film Festival Notice Board	
	36	36	36	FOX Deal-No Deal	The Simpsons	TwoHalf Men	TwoHalf Men	Bones (HDTV PA) (N)		Til Death	Do Not Disturb	Fox First
news	12	12	12	NBC News (N)	NBC News	Hollywood	Extra (N)	America's Got Talent The top 10 contestants. (Live)		CBC News: The National	Monarchy	
	29	29	29	NW BBC World	Business	CBC News: Around the World	Ask This Old	Canada Votes: Your Turn				
	4	4	4	PBS-D NewsHour With Jim Lehrer	NewsHour With Jim Lehrer	Business Rpt.	BBC World	Live From Lincoln Center (N)		Los Lonely Boys: Cottonpicking	Stay Rich Forever & Ever	
	35	35	35	PBS-D NewsHour With Jim Lehrer	NewsHour With Jim Lehrer	Business Rpt.	BBC World	Rain: The Beatles Experience				
	68	68	68	TQS Les Simpson	Flash (SC)	Chemin du golf	La Chute de l'ange ** (1998, Suspense) Denzel Washington.					
	23	23	23	BNN Business News	Headline	Market Call	Commodities	Workopolis TV	Business News	Squeeze Play	Market Call	
	18	18	18	CNN (5) The Situation Room		Market Call	Commodities	CNN Election Center		Larry King Live	Cooper 360	
	54	54	54	GOLF Live From the Ryder Cup (Live)		Billiards World Pool Masters.		Live From the Ryder Cup			School of Golf	
	52	52	52	RSE Prime Time Sports		RaceNight		UFC Fight Night (Live)			Sportsnet Con.	
	55	55	55	SCOR Score Update	Game On						Score Tonight	
sports	45	45	45	SPD Unique Whips		Pinks (HDTV)	Pass Time	Am. Thunder	Am. Thunder	Pinks (HDTV)	Pinks Outtakes	Wrecked
	53	53	53	TSN Off the Record	SportsCentre	MLB Baseball Baltimore Orioles at Toronto Blue Jays. From Rogers Centre in Toronto.						SportsCentre
	43	43	43	FAM Zoey 101	Life Derek	Wizards-Place	That's Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	44	44	44	TOON World of Quest	Johnny Test	George-Jungle	Bugs Bunny & Tweety Show	6leen	Total Drama	Futurama	The Critic (N)	
	26	26	26	TREE Fif-Fil-Fortwots	Backyardigans	Wonder Pels	Night Grdn	Buckel-Dinos	Franklin	Little Bear	Miss Spider	Comfy Couch
	27	27	27	YTV Drake & Josh	ICarly	Malcolm-Mid.	Home Improve.	Prank Patrol	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj
	16	16	16	A&E Cold Case Files		CSI: Miami "10-7"		Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Crisis Angel
	70	70	70	APTN News		Canadian Geographic		Reel Insight		The Journey Richard Peter.		Tribal Treks
	50	50	50	BET 106 & Park: BET's Top 10 Live Top 10. (Live)		Desperate Housewives		Ne-Yo: Gentle	Black Carpet	The Wash * (2001, Comedy) Dr. Dre.		Arts & Minds
	37	37	37	BRVO Street Legal		Judging Amy		Berkeley	Bravo/Videos	Wingfield	The Letters	Mysterious Wy
family	97	97	97	CLT Mysterious Ways		CMT30	Totally	The Grass Harp *** (1995, Drama)		Piper Laurie.		Home Improve.
	25	25	25	CMT Project Dad	Comedy Now	Air Farce	Just for Laughs	Beyond Chance		Corner Gas	The Simpsons	South Park
	49	49	49	COM Laughs	Crime Files	The Investigators		The Practice		Declassified Josef Stalin.	Investigators	Mayday
	153	153	153	COURT Crime Files	How It's Made	How It's Made	Dailey Planet (N)	Cash Cab (N)	Factory Made	Sport Science	Flipping Out	NCIS
	38	38	38	DISC How It's Made	How It's Made	How It's Made	Dailey Planet (N)	Property Shop	Big City Broker	Property Virgin	Unsellable	NCIS
	48	48	48	HGTV Holmes-Homes	How It's Made	How It's Made	Dailey Planet (N)	Cities of the Underworld		Moby Dick: The True Story	NCIS	Top Pop Group
	46	46	46	HIST Moby Dick: The True Story		NCIS "Suspicion"				Technical Diff.	Top Pop Group	Brooke Knows
	17	17	17	MM Punk'd	Born to Be	MTV's Top Pop Group (N)				Listed		American Gangster (2007, Crime Drama)
	19	19	19	MMM MusicProfile	mmmtp10.com		Popagenda "Outlet"	Back In				Ed's Up
	201	201	201	M1 (6:15) The Last Kiss		(8:05) Nitro (2007, Action) Guillaume Lemay-Thivierge.		The Search "Italy"		Ed's Up	Adventures	Word Travels
cable variety	48	23	23	OLN The Amazing Race		Ed's Up		Major League: Back to the Minors ** (1998, Comedy)				Frasier
	51	51	51	PEACH Friends	Seinfeld	Family Guy	Family Guy			Escape From Alcatraz (1979, Adventure)		
	206	206	206	PIX Everybody's All-American		(8:10) The Adventures of Ford Fairlane ** (1990)						
	67	67	67	RDI RDI en direct	RDI en direct	RDI en direct	Elections	Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct
	39	39	39	SHOW Wife Swap		Kink in Hair	Kink in Hair	Billable Hours	Billable Hours	Durham County		The Riches
	40	40	40	SLICE Matchmaker	Til Debt-Part	End of Leash	ET Canada	X-Weighted		Work Out	Inside Hollywood	
	47	47	47	SPACE Stargate SG-1 (DVS)		Lost "The Moth"		Star Trek: Deep Space Nine		Battlestar Galactica	Ghost Hunters	
	14	14	14	SPIKE (6) Star Wars VI: Return of the Jedi		(1983, Science Fiction)		UFC Fight Night (HDTV) (Live)			Ult. Fighter	
	98	98	98	STAR FashionTele	Look-A-Like	The Ellen DeGeneres Show		TMZ (N)	eTalk	Live at eTalk	eTalk	Tonight Show
	21	21	21	TLC What Not to Wear		Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate Plus 8 Road	Lottery Chg.	
reality	34	34	34	TROP Reality	Ad Persuasion	Beverly Hills, 90210		Reality	What Happen?	Family Guy	Seinfeld	
	20	20	20	TVS Que-champion	Journal de Fr2	Pekin express "Sainchard"			La Cloche a sonné (2005, Drame), Amira Casar		Vivre à vélo	
	28	28	28	V Murder, She Wrote		Murder, She Wrote		Chambers	No Place Like	Darling Buds of May	Enigma	
	22	22	22	W Shopping Bags	Style by Jury	Will & Grace	Friends	Grocery Bag	What You Eat	Supersize vs. Superskinny (N)	Gok's Fashion	
	251	251	251	WGN Be-Millionaire	Evening News	TwoHalf Men	Family Guy	America's Next Top Model (N)		90210 "The Bubble"		WGN News

**critics' corner**

**Gok's Fashion Fix**  
Even those who think fashion-related television is dull — who can afford those clothes, anyway, and what real person looks good in them? — will like this new series hosted by Gok Wan ("How to Look Good Naked"). He shows how to replicate designer looks for a fraction of the cost, while sidekick Alexa Chung stages humorous "road tests" of hot styles. 11 PM on W



**Do Not Disturb**  
When Neal (Jerry O'Connell) decides to hang a giant bird cage in the bar of The Inn to put his top-notch female staff on display, Rhonda (Niecy Nash) warns him it may be against hotel policy. Downstairs, Larry (Jesse Tyler Ferguson) gives Gus (Dave Franco) inside information about female guests to he can sweet-talk them into tipping better. Audrina Patridge checks in. 10:30 PM on FOX

**The Riches**  
Depression isn't easy to cure, but Wayne (Eddie Izzard) is getting desperate, as Hugh's (Gregg Henry) mental state is threatening to scuttle the Bayou Hills deal. While trying to save Hugh, he's also forced to deal with more of Eden Falls' prominent citizens when Cael (Noel Fisher) gets into trouble at school. Minnie Driver and Shannon Marie Woodward also star in "Field of Dreams." 11 PM on SHOW



**Takei weds partner**  
Actor George Takei and his longtime partner, Brad Altman, were wed Sunday evening in a Buddhist ceremony in downtown Los Angeles. [PEOPLE.COM](http://PEOPLE.COM)

## Celebrity Buzz

### DeGeneres, de Rossi fight over baby

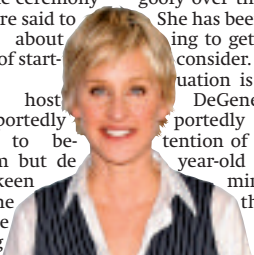
**RELATIONSHIP** Ellen DeGeneres and actress Portia de Rossi are arguing about whether to have a baby, female-first.co.uk reports. The couple, who married in an intimate ceremony last month, are said to be fighting about the prospect of starting a family. Talk-show host Ellen is reportedly determined to become a mom but de Rossi is less keen because she would be the one carrying

the child. "Ellen wants Portia to get pregnant, an idea they had both ruled out before the wedding," a source said.

"But Ellen has gotten all goofy over the baby issue. She has been in tears trying to get Portia to reconsider. Now the situation is very tense."

DeGeneres, 50, reportedly had the intention of changing 35-year-old de Rossi's mind following the wedding.

METRO NEWS SERVICE



### Dion demands bodyguards

**PEOPLE** Singer Celine Dion blew into New York City with a security retinue that rivals anything the U.S.

presidential candidates might have, tmz.com reports. The Times of South Africa reports Dion demanded 11 bodyguards be on stage at all times for her show at Madison Square Garden last night.

"At least eight" had to be on chairs able to swivel 30 degrees. She also needed to have a dentist on call at all times. Her rider ran 67 pages, said the paper, and when it came to food she had to have French cherries and Bavarian figs.

METRO NEWS SERVICE



### celebrity briefs

### Mendes's celebrity crush

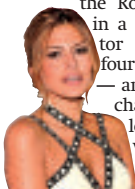
**PEOPLE** Eva Mendes has confessed a secret crush on rock legend Mick Jagger, imdb.com reports.

The actress admits she fell to pieces when she ran into the Rolling Stone in a hotel elevator in France four years ago — and blew her chances of looking cool when they met again.

"I literally collapsed when he got out a floor later. He's delicious, he still looks really good," Mendes says.

As for their second meeting, "I thought: 'He's never going to remember me,' so I just say: 'Hi, I'm Eva, nice to meet you,' and he says: 'Oh, I think we met in Paris.' I screamed: 'Oh my God, you remember me?' The whole facade falls and I was a complete geek."

METRO NEWS SERVICE



## Winehouse skips birthday

**PEOPLE** Amy Winehouse notched up another no-show on the weekend — but this time it was her own birthday party that she didn't attend, Ananova.com reports.

The singer's friends and family gathered at the Jazz After Dark in Soho, London, on Saturday night to celebrate the star's 25th birthday. But Winehouse stayed at home, refusing to leave her house in Camden because she reportedly thought she looked too ugly.

"Amy was standing in front of the mirror telling everyone how rough she looked," a friend told Britain's the Sun. "Unfortunately her lifestyle has had a major effect on her appearance and it's only just started to sink in. She kept saying she was ugly and was in an awful state."

Winehouse's friend, Remi Nicole, who had helped organize the party, reportedly spent three hours trying to persuade Winehouse to leave.

The pair ended up having an argument and eventually Nicole gave up and went home.

Back at the Jazz After Dark, guests waited until midnight before deciding to start the party without Winehouse and allowing the first band to take to the stage.

METRO NEWS SERVICE



## No perfume deal for Mills

**BUSINESS** Heather Mills came close to launching her own fragrance but the deal was scrapped when her then-husband Sir Paul McCartney found out about the plans, imdb.com reports.

Mills's ex-publicist Michele Elyzabeth claims to have set up the agreement in 2005, while Mills was still married to the former Beatle.

And the contract would have seen the former glamour model create a perfume called Voice with U.S. fashion label Tommy Bahama.

The company reportedly requested that both stars be featured in the advertisements and Mills is said to have given the company one of their wedding pho-

tos to use for the promos.

However, Elyzabeth claims she was forced to terminate the deal after McCartney refused to let the idea go ahead.

"The company suggested using a photo of them both. Heather reckoned that would work and e-mailed them one of her wedding pictures. But when the ad came

back (for approval) I got this phone call from Heather saying the project had to be scrapped immediately," she says. "Heather told me that when she showed Paul the ad he hit the roof. She told me he shouted at her, 'Are you f---ing mad?' Tommy Bahama weren't interested in Heather alone. The deal fell through because she wasn't a big enough star."

Mills and McCartney finalized their divorce earlier this year.

METRO NEWS SERVICE



### Hudson rumoured to be engaged

**RELATIONSHIPS** Singer/actress Jennifer Hudson and boyfriend David Otunga have gotten engaged, People.com reports.

"I can confirm that Jennifer got engaged to her boyfriend David on Friday night in L.A.," her rep says.

Otunga, who is known as "Punk" from the reality show I Love New York 2, popped the question with a Neil Lane diamond ring on the Oscar winner's 27th birthday. The lovebirds, who have been dating for less than a year, both hail from Chicago.

METRO NEWS SERVICE



### Lohan scuffles with photographer

**PEOPLE** Actress Lindsay Lohan reportedly scuffled with a photographer outside a New York hotel after accusing the snapper of tripping her, imdb.com reports.

Lohan is said to have fallen over a metal barricade as she entered the exclusive Bowery Hotel on Sunday night. She turned and allegedly punched one photographer on the nose, thinking he had deliberately caused her to lose her footing. The star was then reportedly heard talking to a friend on her cellphone, saying, "Oh my God! I just hit a paparazzi!"

Police are said to have been called, but no charges were filed.

METRO NEWS SERVICE



Make a change in your life and the lives of people living with diabetes.

# WALK OR RUN with TEAM DIABETES



Walk or run a full or half marathon or shorter distance race in Canadian and exciting international locations. Team Diabetes prepares you for the physical challenge and helps you achieve your fundraising and training goals.




Find out about events in Halifax, Prague and Gold Coast (Australia).  
Enjoy inspiring guest speakers and free refreshments at our information session:

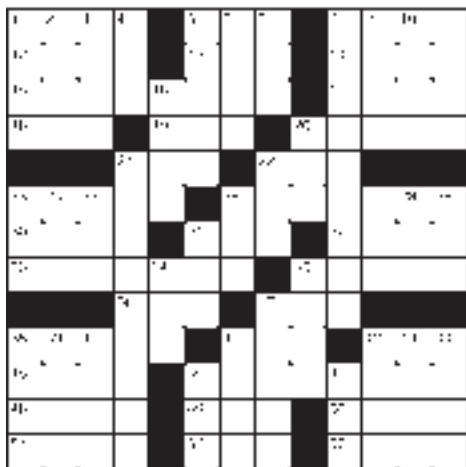
**Tuesday September 23, 2008**  
6:00 pm Second Cup  
5425 Spring Garden Road, Halifax

RSVP at 902-453-4232 x3241 or [leslie.macphee@diabetes.ca](mailto:leslie.macphee@diabetes.ca)





## Take Five



### Crossword across

- |                         |                      |
|-------------------------|----------------------|
| 1 William H. of "Fargo" | 32 Took off          |
| 5 Recipe meas.          | 33 Arizona tribe     |
| 8 Work at the keyboard  | 35 Green gemstones   |
| 12 — vera               | 36 Barbie's pal      |
| 13 Hooter               | 37 Rapture           |
| 14 Frost                | 38 Wanderer          |
| 15 Non-paying passenger | 41 Conger, e.g.      |
| 17 Baseball scores      | 42 Collection        |
| 18 Upper surface        | 45 Swear 'tis true   |
| 19 With it              | 46 Gilligan, for one |
| 20 Elude                | 48 Antitoxins        |
| 21 Automaton, for short | 49 Halloween abbr.   |
| 22 Depressed            | 50 Actor Bogarde     |
| 23 Tote                 | 51 Bohemian          |
| 26 Rhesus monkey        | 52 Surprise cries    |
| 30 Curved molding       | 53 Look lasciviously |
| 31 Pack quantity        |                      |

### Crossword down

- |                      |                       |                       |
|----------------------|-----------------------|-----------------------|
| 1 Sail support       | 21 Secession          | 37 "He — at scars..." |
| 2 Choir member       | 22 Remiss             | 38 Houston acronym    |
| 3 Hen pen            | 23 Inmate             | 39 Finished           |
| 4 Evergreen          | 24 Khan title         | 40 Comedian           |
| 5 Namely             | 25 Gun the engine     | 41 Apiece             |
| 6 Trade              | 26 Wrong (Pref.)      | 42 Hearty drink       |
| 7 Thickness          | 27 Proof conclusion   | 43 "My Name Is —"     |
| 8 Nonchalant         | 28 French article     | 44 Youngster          |
| 9 "— be surprised"   | 29 UFO crew?          | 46 Bill's partner     |
| 10 Throe             | 31 Junior             | 47 Rumpus             |
| 11 Gaelic            | 34 Clampett patriarch |                       |
| 16 Pirate's greeting | 35 A bit of a shock   |                       |
| 20 Happy companion?  |                       |                       |

### Sudoku

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

9		7		5		1	3	
	8	6						
			4					7
4		9	5					
2			9		8			6
				1	5			9
7				4				
					9	2		
	5	4		3		6		1

### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



2	3	9	5	6	8	7	4	1
1	6	5	4	3	7	9	2	8
7	4	8	2	1	9	5	3	6
3	5	7	6	4	1	2	8	9
6	2	4	9	8	5	3	1	7
9	8	1	3	7	2	6	5	4
4	9	6	1	2	3	8	7	5
8	1	2	7	5	6	4	9	3
5	7	3	8	9	4	1	6	2

Find today's answers + play more games at [metronews.ca](http://metronews.ca)

### SUDOKU SOLVE TIME:

- |                         |                             |
|-------------------------|-----------------------------|
| Under 13 min.....Genius | 17-21 min.....Smart         |
| 13-17 min.....Scholar   | 21-25 min.....Not bad       |
|                         | 25+ min.....Keep practising |

### Recipe of the day



COOK SMART FOR A HEALTHY HEART

### Quinoa with Grilled Eggplant

Quinoa, a nutritious grain from South America, has a texture similar to split lentils when cooked. It contains more protein than any other grain and is also lower in carbohydrate content.

#### INGREDIENTS:

- 1 cup (250 mL) quinoa
- 3 or 4 sprigs fresh thyme
- 2 1/2 cups (625 mL) low-sodium vegetable broth
- 2 baby eggplants, cut lengthwise into quarters
- 1 red pepper, seeded and cut into chunks
- 1 red onion, cut into chunks
- 2 tsp (10 mL) olive oil
- 1 cup (250 mL) cherry tomatoes
- 2 garlic cloves, crushed
- 1 1/4 cups (300 mL) tomato juice
- 6 oz (175 g) light goat-cheese log with herbs, cut into 8 slices
- Salt and pepper

#### METHOD:

- Preheat the oven to 375°F (190°C). Put the quinoa in a sieve and rinse thoroughly under cold running water. Place in a saucepan with the thyme sprigs and broth, and bring to a boil. Cover and simmer gently until all the broth has been absorbed and the quinoa is

- tender, about 20 minutes.
- Meanwhile, heat a ridged grill pan. Brush the eggplant, red pepper and onion pieces with the olive oil, then cook them on the grill pan (in batches if necessary) until softened and lightly charred, about 4 to 5 minutes. Transfer to a plate.
- Put the whole tomatoes on the grill pan and cook until they are just beginning to burst their skins, about 2 minutes. Remove from the heat.
- When the quinoa is cooked, place it in an ovenproof dish. Add the grilled vegetables, garlic and tomato juice, and season lightly with salt and pepper. Fold together gently.
- Arrange the slices of goat cheese on top of the quinoa mixture. Cover with foil and bake until the vegetables are tender, about 35 minutes. Serve hot.

**SERVES 4**

### rd.ca

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out **Key Ingredients** in this month's Reader's Digest, on newsstands now!



## Horoscopes

## AVATAR VENUS

### ARIES

**MARCH 21-APRIL 20**

Your reputation is on the line. A lack of devotion causes a bad scene. Keep it to yourself if you're unsure about a false impression.



### TAURUS

**APRIL 21-MAY 21**

Talking about dishonesty causes an anxiety attack. Take care when visiting your place of origin. Comparing performances won't improve a situation.



### SCORPIO

**OCT 24-NOV 22**

Frustration leads to a confrontation. Goals will be achieved before an unscheduled event. Patch things up around your home.



### LIBRA

**SEPT 23-OCT 23**

An agreement will create chaos. Someone will finally see the light. A last minute change makes a guy happy.



### GEMINI

**MAY 22-JUNE 21**

An angry worker needs a lucky break. Take the chance to be true to your word. An expert warns about a sad state of affairs.



### SAGITTARIUS

**NOV 23-DEC 21**

A precious person wants to talk with you. A moving message disturbs a rocky romance. Trust an ordinary person with secrets and lies.



### CANCER

**JUNE 22-JULY 22**

Speak softly when a friend calls for help. Alarm bells tell of an abrupt shift taking place. A woman needs more instruction.



### CAPRICORN

**DEC 22-JAN 20**

Take a walk to calm your nerves. Empower yourself by giving a pep talk. An emotional storm threatens a family member.



### LEO

**JULY 23-AUG 23**

A creative pleasure will be an inspiration. A long-lost person has gone for a walk. Putting things in order takes longer than usual.



### AQUARIUS

**JAN 21-FEB 18**

A move should be made without delay. Escaping from a weird dilemma is only rational. Don't give orders to a tyrant.



### VIRGO

**AUG 24-SEPT 22**

Be careful of your words with a twitzy woman. Don't arrive punctually at a farcical event. An urgent issue will be resolved soon.



### PISCES

**FEB 19-MARCH 20**

A dramatic person has a flash of genius. Show support by stepping into somebody's shoes. Laugh at people who steer clear of the truth.



## This day in history

- SEPT. 16, 1795: United Kingdom conquers Cape Town, South Africa.
- SEPT. 16, 1812: Russians set fire to Moscow shortly after midnight — the city is burned completely down days later.
- SEPT. 16, 1887: The first game of softball was played in Chicago, Illinois.
- SEPT. 16, 1908: General Motors is founded.
- SEPT. 16, 1966: The Metropolitan Opera House opens at Lincoln Center in New York City to the world premiere of Samuel Barber's opera, *Antony and Cleopatra*.
- SEPT. 16, 1987: The Montreal Protocol is signed to protect the ozone layer from depletion.

METRO NEWS SERVICES

Earn \$31.45/hr as a Professional Home Stager.

Call now for more Details:  
1.866.927.7782  
or visit [haverhillstaging.com](http://haverhillstaging.com)

Fully Refundable Course Fee Applies.

THE HAVERHILL INSTITUTE OF STAGING & DESIGN

**Want to be part of the red carpet crowd?**

Let Metro be your guide to this year's Atlantic Film Festival. Go to [metronews.ca](http://metronews.ca) and click on **Film Beat** for insider tips on what to see and where to be at the biggest film fest east of Montreal.

[metronews.ca](http://metronews.ca)

# play harder

With a BlackBerry® smartphone on the fastest and largest network across North America, you can do it all.<sup>1</sup> Like check out your friend's MySpace™ page or find the local club scene with Google™. And now you can do it more often with unlimited Web, email and instant messaging for \$30 a month.<sup>2</sup>



\$0 3-yr. term<sup>3</sup>  
(\$49<sup>95</sup> no term)

BLACKBERRY® PEARL™  
8130 SMARTPHONE



\$99<sup>95</sup> 3-yr. term<sup>3</sup>  
(\$49<sup>95</sup> no term)

BLACKBERRY® CURVE™  
8330 SMARTPHONE

For details visit [bell.ca](http://bell.ca),  
or visit one of the following  
authorized dealers:

**AMHERST**  
Alliant Store  
Amherst Centre Mall

**ANNAPOLIS ROYAL**  
Annapolis Appliances Sales  
& Service Ltd.  
314 St. George St.

**ANTIGONISH**  
DownEast Communications  
Antigonish Mall

**BARRINGTON PASSAGE**  
Wilson's/The Source  
by Circuit City  
3542 Hwy. 3

**BEDFORD**  
Alliant Store  
Bedford Place Mall  
Sunnyside Mall  
DownEast Communications  
741 Bedford Hwy.

**BRIDGEWATER**  
Alliant Store  
Bridgewater Mall  
Eastern Office Supplies  
136 Logan Rd.

**CHETICAMP**  
Aucoin's  
14803 Cabot Trail Hwy.

**DARTMOUTH**  
Alliant Business Solutions Store  
202 Brownlow Ave.  
Alliant Store  
Penhryn Mall  
Mic Mac Mall  
Axis Mobility  
336 Windmill Rd.  
DownEast Communications  
Sobeys, 612 Hwy. 7  
Atlantic Superstore  
650 Portland St.  
Nova Communications  
167 Trider Avenue  
Wacky Wheatley's  
122 Main St.

**DIGBY**  
Peck Audiotronics  
163 Hwy. 303

**ELMSDALE**  
DownEast Communications  
269 Hwy. 214

**FALL RIVER**  
DownEast Communications  
Fall River Plaza

**GLACE BAY**  
The Rolling Phones  
Peoples Mall

**GREENWOOD**  
Alliant Store  
Greenwood Mall

**HALIFAX**  
Alliant Store  
Halifax Shopping Centre (upper and lower)  
201 Chain Lake Dr.  
5475 Spring Garden Rd.  
CBC Telecom  
380 Bedford Highway  
DownEast Communications  
Maritime Centre  
Sobeys, Halifax Shopping Centre Annex  
Scotiabank Square  
West End Mall  
Wacky Wheatley's  
201 Chain Lake Dr.

**LIVERPOOL**  
MacPhersons  
137 Bristol Ave.

**LOWER SACKVILLE**  
DownEast Communications  
Sobeys, 752 Sackville Dr.  
Atlantic Superstore,  
745 Sackville Dr.

**NEW GLASGOW**  
Alliant Store  
Highland Square Mall

**NEW MINAS**  
Alliant Store  
County Fair Mall  
Wacky Wheatley's  
8961 Commercial St.

**NORTH SYDNEY**  
The Rolling Phones  
North Sydney Mall

**PORT HAWKSBURY**  
The Rolling Phones  
Shediac Plaza  
Sobeys, 622 Reeves St.

**PORTER'S LAKE**  
DownEast Communications  
5228 Hwy. 7

**SAULNIERVILLE**  
Seashore Electronics/  
The Source by Circuit City  
Saulnierville Mall

**SHELBURNE**  
Video Focus  
32 King St.

**SYDNEY**  
The Rolling Phones  
465 George St.  
516 Grand Lake Rd.  
Mayflower Mall

**SYDNEY RIVER**  
The Rolling Phones  
Value Check Plaza

**TANTALON**  
DownEast Communications  
Sobeys, Hubley Centre

**TRURO**  
Alliant Store  
Truro Mall  
DownEast Communications  
Sobeys, 985 Prince St.  
Wacky Wheatley's  
188 Robie St.

**WINDSOR**  
Windsor Home Hardware  
Fort Edward Mall

**YARMOUTH**  
Alliant Store  
Yarmouth Mall  
Tri-Star Electronics  
88 Forest St.

**BlackBerry**

**Bell** smartphones  
just got  
better

Offers end September 30th, 2008. Available with compatible devices within Bell Mobility core digital network and/or high speed mobile network coverage areas. Other monthly fees, i.e. 45-1-1 (75¢/mo.), system access (not a government fee) (\$8.95/mo.), and one-time activation (\$35) apply. Upon early termination, price adjustment charges apply. Subject to change without notice. Taxes extra. Other conditions apply. (1) The 4G/100 network is the fastest high-speed mobile network that is available across all countries within North America. (2) With a min. 1-yr contract on select monthly voice plans with a min. value of \$30/mo. Supports personal email accounts, Web browsing and BlackBerry Instant Messaging. Outlook synchronization, access to Windows Live Messenger, corporate email integration and other corporate-type solutions not available. Excludes Mobile Connect and tethering with your device. Subject to acceptable use restrictions in Terms of Service, including consuming excessive network capacity or causing our network to be adversely affected. See [bell.ca/acceptableuse](http://bell.ca/acceptableuse) for details. (3) With new activation on a 3-yr. term on a monthly voice plan and a data feature with a total min. value of \$45/mo. Research In Motion, the RIM logo, BlackBerry, the BlackBerry logo and SureType are registered with the U.S. Patent and Trademark Office and may be pending or registered in other countries - these and other marks of Research In Motion Limited are used under license. MySpace is a trademark of MySpace, Inc. Google, and the Google Logo are trademarks of Google Inc.